

Cancer Prevention Across the Lifespan: Putting Scientific Evidence for Primary Cancer Prevention into Public Health Practice

Year 2 Summary Report: August 1, 2019 – July 31, 2020

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Background

CDC's Division of Cancer Prevention and Control formed the Cancer Prevention Across the Lifespan (CPAL) workgroup in an effort to address cancer risk and protective factors at each phase of life. In previous years, the CPAL workgroup collaborated with external partners to conduct reviews of the literature and convene expert meetings to identify factors that influence cancer risk and promote strategies to address these factors during every phase of life. This project will use the information gained from this previous work and apply it to the development of innovative resources to empower public health practitioners, including CDC funded Comprehensive Cancer Control grantees, to put evidence-based cancer prevention strategies into action in their communities using a lifespan approach. More information about the previous work of the CPAL workgroup is available on the CDC website www.cdc.gov/cancer/dcpc/prevention/lifetime.htm.

CDC is working in partnership with the National Association of Chronic Disease Directors (NACDD) to address focus areas for cancer prevention through small, in-person meetings of subject matter experts and extensive review of diverse data sources to:

- Identify and discuss risk factors of interest
- Identify gaps in existing resources, by type of resource, behavior or interest or sociodemographic group, to address these risk factors at the community level.
- Determine the types of information and resources that would be most useful to community leaders and public health practitioners when addressing these risk factors at the community level.
- Develop innovative yet practical resources to fill the identified gaps and further the implementation of evidence-based community-level strategies for cancer prevention.
- Develop Evaluation and Dissemination Plans to assess and maximize the reach, use and impact of the newly created resources.

During Year 1 of this five-year project, several topics of interest were selected for study that may not be readily or commonly recognized by the public, or which would benefit from increased attention and promotion. For the first year of this five-year project, the core focus areas were:

- Calculating and communicating cancer risk
- Physical Inactivity
- Caregiver stress

Please refer to Attachment A for the Project Summary.

How We Worked

This report documents the approach and accomplishments of the second year of this five-year project.

NACDD had partnered previously with the CPAL Workgroup to address cancer risk reduction in early adulthood and older adulthood. William Benson, who provided facilitation services for those two previous projects, was also retained under contract to facilitate the in-person meetings and serve as a subject matter expert in the field of aging issues. Anya Karavanov, PhD, another NACDD consultant, replaced Randy Schwartz as the project lead on evaluation and we continued to contract with Public Health Partners to provide expertise in health communications, the development of resources and to provide special reports as requested.

General Approach

NACDD and CDC met weekly via conference calls to exchange ideas and recommendations for topic selection and potential subject matter experts for the selected topic. Where a member of the CPAL workgroup or the NACDD team had a personal relationship with a potential SME, a personal contact was made to learn if the SME was available to participate in a scheduled in-person meeting or if they knew of other experts to recommend. CPAL workgroup members conducted original calls with SME to explain the project and the time commitment.

As a result of these discussions, Caregiver Stress was selected as a topic of interest and planning began for an in-person meeting. This topic was selected due to the current social policy attention it was receiving, as more and more adult children were becoming caregivers to aging parents and it would be important to convene experts to examine the resulting impact on their health, employment and risk factors for chronic disease. The issue of caregiving was not limited to providing care for a person with cancer, but rather the impact of caregiving itself, whether for a person with cancer or other chronic disease (dementia, ALS) on the caregiver themselves.

To address this issue, CDC and NACDD convened a meeting of six public health and policy experts representing AARP, Administration for Community Living, American Cancer Society, Arcadia University, National Alliance of Caregivers and the University of North Carolina at Chapel Hill at the NACDD headquarters in Decatur, Georgia with CDC and NACDD staff on November 21, 2019 to discuss the research and current policy and practice in support of caregivers. All meeting participants provided brief kick-off remarks (about five minutes) in their selected topic area. The facilitator then moved into extensive discussions about that topic with the other meeting participants. The names and titles of the subject matter experts, meeting agenda and attendees may be

found in Attachment B. However, a verbatim transcription of the meeting is not available. .

To follow-up this meeting, a webinar titled **Supporting Family Caregivers in America: Collaborative Opportunities for State, Local, Tribal and Territorial Health Departments** was scheduled for July 23, with speakers from the DHHS Administration for Community Living and the Area Agency on Aging for the Navajo Nation in Arizona. A list of the webinar presenters and the webinar report may be found at Attachment C.

Strategic Planning

In an effort to engage more members of the CPAL workgroup in the project and think strategically about the activities and areas of focus for the coming years of the project, we convened a strategic planning meeting with the NACDD team and the CPAL workgroup. The in-person meeting was held at CDC headquarters on January 30, 2019; meeting facilitation was provided by William Benson. During the meeting, the CPAL workgroup decided to form subgroups focused on specific populations of interest and examine cancer-relevant social determinants of health (SDOH) within those populations. In follow-up discussions after the strategic planning session, the workgroup identified three initial populations of interest: Hispanics, American Indian/Alaska Natives and persons with a history of or at risk for adverse childhood experiences. A lead of each subgroup was identified, and regular meetings were scheduled.

To provide ongoing support to the subgroups, several experts from the NACDD team were assigned specific roles. William Benson assumed the role as a subject matter expert for the AIAN subgroup, given his experience as Board Chair for the International Association for Indigenous Aging.

Environmental Health

As a result of the interest in environmental health expressed by a SME from the year 1 in-person meeting, we sought to understand how public health practitioners view environmental health including: toxin exposure and environmental health policy webinar topics, incorporation of environmental health into the state cancer plan, resources needed to focus on prevention of environmental risks, and preferred sources of information.

A twenty-eight question survey was developed using Qualtrics software and distributed to State Cancer Screening Program Directors and state Chronic Disease Directors in all fifty states and the District of Columbia (DC). Each state and DC was limited to one

survey response, necessitating collaboration of chronic disease programs and cancer programs across organizational units in cases where the cancer screening programs were not co-located. The survey was launched March 18, 2020, with responses due on April 15. A worldwide outbreak of a novel coronavirus, COVID-19, and subsequent interruption of state health department operations prompted the NACDD to extend the deadline for survey responses to June 1, 2020. Forty-six states and DC responded, yielding 47 total responses, producing a 92% response rate. A summary report of the survey is included as Attachment D.

Cancer Risk Factor Matrix

Rebecca Drewette Card of Public Health Partners became the data lead to support the subgroups and commenced work on a detailed cancer risk factor matrix. The matrix provides a general overview of the demographic characteristics, cancer incidence and mortality rates, and the prevalence of cancer risk factors and other chronic conditions within the United States overall and within each population subgroup. A draft matrix may be found at Attachment D.

Social Determinants of Health

Ms. Card also was asked to examine the available literature on key SDOH as they relate to cancer and cancer risk factors and find examples of what communities are doing to address SDOH. The document developed will be used as the source document for the development of communication materials describing the linkages between the SDOH and cancer, with a focus on the following seven key focus areas which have been identified as priorities by the CDC:

- Food insecurity
- Built environment
- Social connectedness
- Community/clinical linkages
- Housing insecurity
- Immigration policy
- Transportation

For each focus area, information is provided to describe the scope of the problem, highlight examples of promising practices and policies being implemented in communities to address the SDOH and its impact on cancer and cancer risk factors, and key sources for further information. The document also includes a reference section to direct users to the source of information provided. A draft report may be found at Attachment F.

In addition, an Evaluation Report (Attachment G) was completed to track the types of resources developed and how they were promoted. Due to the change in focus as a result of the January 2020 Strategic Planning Session, the format for the Dissemination Plan is scheduled for a complete revision to be more relevant to the project.

Products

- **Attachment A:** Project Summary
- **Attachment B:** Caregiver Stress subject matter experts, meeting agenda and attendees.
- **Attachment C:** July 23 webinar flier, subject matter experts, registration and evaluation summaries.
- **Attachment D:** Environmental Health Survey
- **Attachment E:** Cancer risk factor matrix
- **Attachment F:** Social Determinants of Health draft report
- **Attachment G:** Project Evaluation Report

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