

**Cancer Prevention
Study-3** research today for a
cancer-free tomorrow



April 2022

E-NEWSLETTER



April 2022

In this issue

Page 1

- Study Updates

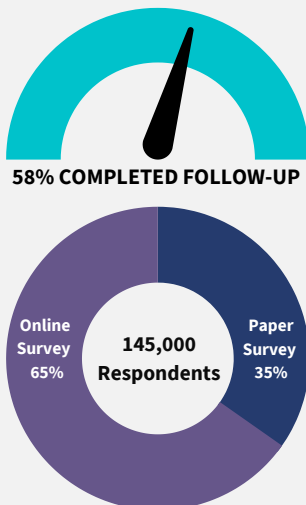
Page 2

- Meet Our Staff

Page 3

- Physical Activity & Sitting Time

2021 Follow-Up Survey Response



The CPS-3 study team wishes you a bright, warm, and beautiful spring! In the words of Walt Whitman, “Keep your face always toward the sunshine – and shadows will fall behind you.”

The Cancer Prevention Study-3 mission is simple: to save more lives from cancer. As we continue to expand our research efforts, we are excited that more Cancer Prevention Study-3 participants are engaging with us in a variety of ways, such as completing surveys, registering for the new CPS-3 participant portal, or participating in smaller studies that aim to collect data on a specific topic (such as a stool sample). All in all, your participation is very important! No effort is too small, and we ask that you continue to engage with us whenever and however possible. All invitations to participate or complete surveys will come to you via email or regular mail.

Study Updates

2021 Follow-Up Survey

Thanks to the dedication of many CPS-3 participants, we have collected detailed health and medical, lifestyle, and environmental exposure updates for over 145,000 CPS-3 participants via the [2021 follow-up survey](#). Whether completed online or on paper, these survey responses provide critical updates that allow our researchers to conduct comprehensive analyses exploring many aspects of cancer prevention and survivorship.

If you have not completed your 2021 follow-up survey, you will receive one last paper survey in the mail in April. The packet will include a pre-paid return envelope, as well as instructions to complete the survey online if preferred.

We thank all participants who have already taken the time to complete their surveys. For those who have not, your response is still important in conducting the most reliable science possible, so we encourage you to please take the time to complete it online or on paper.

Study Updates (continued)



Participant Portal Expansion

We are delighted to announce that we have begun the process of inviting all CPS-3 participants to our [new web portal](#)! This expansion effort will continue with email invitations that will be sent out over the next few months. When you receive your email invitation, we encourage you to complete the quick and easy registration. Once you are registered, you will have access to all CPS-3 activities, such as short surveys and sub-study invitations, as well as dynamic information on CPS-3 research findings and the ability to manage your contact information.

- Over 43,000 participants are already registered for the participant portal.
- Over 163,000 participants will receive an email invitation this year.
- If you were invited in the past but didn't register, you will receive another invitation this year.



Accelerometry

Throughout 2022, participants will continue to be invited to contribute to our [Accelerometry Sub-Study](#). This rich resource of device-based activity data continues to grow with nearly 14,000 CPS-3 participants registered. If you have not yet been invited, be on the lookout for an email invitation to join. To participate, all you need to do is wear an activity tracking device around your waist for 7 days while keeping a diary. These data will help our team study patterns of physical activity and sitting time in a more detailed way. You do not need to be registered for the portal to participate.

Meet Our Staff

Our Population Science team is a diverse group working together to achieve our mission of eliminating cancer. Our researchers rely on high-quality and comprehensive [tumor registry data](#) to conduct impactful analyses. A dedicated team, including Den E (DE), Anusila Deka (AD), and Olivia Dunlap (OD), is responsible for collecting and managing this data. This team supports the CPS-3 medical record and tumor tissue collection sub-study, the biennial multi-state cancer registry linkage, and all Institutional Review Board (IRB) agreements and approvals.

Den and Anusila have over 38 years of combined experience working in Study Management. Olivia recently joined the team and is responsible for several administrative tasks with Emory University IRB submissions and state cancer registry communications.

Together, this trio provides critical information necessary for understanding cancer diagnosis, treatment, and prognosis. Their work is the first step in gathering accurate and complete outcome data from our CPS-II and CPS-3 participants diagnosed with cancer.



Den E



Anusila Deka



Olivia Dunlap

How important is a cancer registrar and the registries in CPS-3 research?

"Cancer registrars capture a complete history, diagnosis, treatment, and health status for every cancer patient in the US. I'm the cancer registrar who collects cancer data about Cancer Prevention Study-II and CPS-3 participants." - DE

"Cancer registries can be found in each of the 50 US states, the District of Columbia, and Puerto Rico. They are vital to researchers as they collect cancer data on patients. Along with the information CPS-3 participants report to us on their surveys, we use the data collected by cancer registries to conduct our analyses and publish our findings." - AD

"Registries provide us with the outcome data we need to examine how lifestyle factors may cause or prevent cancer. It is fulfilling to be directly involved in the process of obtaining the data that drives our research." - OD

Patterns of Physical Activity & Sedentary Time in CPS-3

There are many reasons people don't exercise (being too busy or tired, other responsibilities, nowhere to go exercise, and more), but being physically active is one of the most important things we can do for good physical and mental health. Research shows that physical activity can help reduce the risk of heart disease, stroke, diabetes, high blood pressure, and certain cancers. However, many adults do not meet the minimum amount of recommended moderate-to-vigorous intensity physical activity (MVPA). The American Cancer Society (ACS) Guidelines for Diet and Physical Activity for Cancer Prevention recommends that adults get at least 150-300 minutes of moderate intensity (such as brisk walking, swimming laps, or playing doubles tennis) or 75-150 minutes of vigorous intensity (such as jogging, singles tennis, or Zumba) aerobic activity each week.

The US population is also becoming increasingly sedentary. Sedentary time is any behavior where the person is sitting or lying down (except when sleeping) and there is very little energy required (e.g., sitting at work or while watching TV, and other forms of screen-based entertainment). We are moving less and sitting more. The combination of not being physically active and sitting too much has been associated with a higher risk of many serious health conditions. Unfortunately, the time spent being active and sedentary is not the same among all race and ethnic groups—a disparity that may translate into differences in cancer risk.



To understand the differences in physical activity and sedentary time, a study led by Erika Rees-Punia, PhD, an exercise physiologist in our group, analyzed data from our Cancer Prevention Study-3 participants. The results confirmed that physical activity and sedentary time varied by race, ethnicity and nativity (country of origin). White participants born abroad were the most active of all groups examined, and non-white (Latinx, Black, Indigenous, or mixed race) participants born in the US were the least active. Sitting time also varied, especially sitting while watching TV (a behavior associated with early mortality). Black participants spent 14.8% of the day (approximately 3.5 hours) sitting while watching TV, which was 78 minutes longer than Asian Pacific Islander participants (who spent the least amount of time sitting while watching TV). This information can help inform culturally tailored community physical activity programs to support different racial/ethnic populations in being physically active.

Trying to increase your physical activity levels and reduce your sitting time? Make sure to try new forms of exercise and find an activity that you enjoy! Whether it's riding a bicycle, walking, standing or stretching during tv breaks, swimming, playing outside with your kids or grandkids, joining a team sport, or dancing – there is an activity out there for you!

For the latest cancer information, day-to-day help, and emotional support 24 hours a day, seven days a week, visit our website at **cancer.org** or call us at **1-800-227-2345**.