

March 2024

E-newsletter

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Happy Spring!

2024 has already started out as a busy but exciting year as we prepare to launch the CPS-3 follow-up survey and a new substudy. Your continued commitment is important in our cancer prevention research, so **thank you!**

Neil Armstrong once said, “Research is creating new knowledge.” Using the information provided by participants like you, we will continue to conduct innovative research to help prevent, detect, treat, and survive cancer. We look forward to a great year.

CPS-3 Video

A special thank-you to the CPS-3 participants who volunteered to be a part of the video highlighting the study and what it means to be a participant. We hope to inspire, motivate, and enhance your commitment to CPS-3 as we continue our work to end cancer as we know it, for everyone.

To watch the recently created CPS-3 video, please [click here](#).

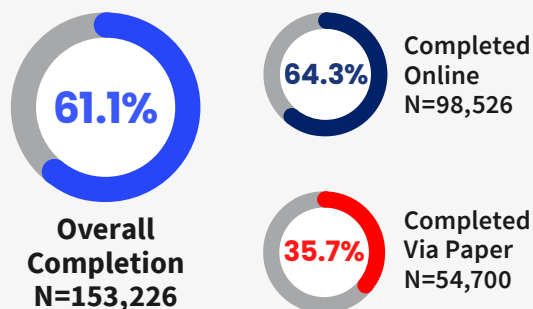
CPS-3 2024 Triennial Survey

The 2024 survey will be available in a **secure online-only format in late March**.

- We will begin sending out email invitations on March 26 with instructions on how to complete your survey online.
- **Email invitations will be sent out over a few days.** If you do not receive the email invitation or do not want to do the survey online, please be patient as we will also mail you a **paper survey in June 2024**.
- Participants registered on the CPS-3 Portal will be able to log in to their portal account to complete the survey.
- The 2024 survey asks a wide variety of questions that will help us update your medical and lifestyle information, and it will include new questions covering emerging areas of interest.

Help save the American Cancer Society time and money by completing your survey promptly and online. You can also help us surpass our 2021 survey response rate of 61% and get closer to our goal of 100% for the 2024 survey.

2021 Triennial Survey Response



Change in Diet During the COVID-19 Pandemic

A recent [study](#) by Caroline Um, PhD, and colleagues examined how the COVID-19 pandemic affected the eating patterns of CPS-3 participants. This study compared dietary information from the short diet grid in the 2018 triennial survey to a similar grid completed by ~2,300 portal participants in the fall of 2020. To compare how diets changed, a diet quality score was calculated based on foods recommended by the [ACS Guidelines for Diet and Physical Activity for Cancer Prevention](#).

Participants with the greatest decrease in diet quality were those who gained the most weight from 2018 to 2020. Meanwhile, those with the greatest improvements in diet quality were those who experienced weight loss from 2018 to 2020. Among all participants, diet quality scores slightly improved on average (indicating higher diet quality), which was a result of decreased consumption of poorer quality foods, such as refined grains, red meat, and beverages (sugar-sweetened, diet, and fruit juices), that outweighed decreases in vegetables, fruits, and whole grains.

However, while diet quality increased overall, these increases were not seen in all groups. For instance, diet quality improved significantly among men, but not women, because women had greater decreases in vegetables and whole grains. Similarly, diet quality improved in White participants, but not among Black participants, who had greater decreases in vegetables,



or Latino/a participants, who had greater decreases in whole grains.

These findings suggest that diet quality slightly improved among most, but not all, participants during the early months of the pandemic and that diets were affected in different ways. Declines in diet quality were due to decreased consumption of healthy foods, rather than an increase in less healthy foods. Future studies are needed to better understand the sociodemographic factors that led to decreased diet quality in certain individuals and to determine if these changes in diet persist beyond the pandemic.

CPS-3 Repeat Blood Collection

We recently launched the CPS-3 Repeat Blood Collection Substudy. This substudy aims to collect blood samples and physical measurements (height, weight, blood pressure, and waist circumference) from over 10,000 CPS-3 participants over the next two years.

Blood contains a lot of useful information about what's going on in your body and can allow researchers to study genetic traits we are born with along with gene changes (also known as mutations) that happen over time. These changes can be caused by factors such as aging, smoking, exposure to pollutants, or sun exposure. Scientists can also capture a snapshot of our diet, hormones, and pollutant exposures from measuring markers in our blood.

You might be wondering why we are collecting another blood sample. While CPS-3 participants provided a blood sample when they enrolled in the study, some of these components can change over time. Some of these changes are due to the natural process of aging, but others might be from changes in where or how we live. Periodically collecting updated information and blood samples in research studies will allow researchers to understand how to better prevent, identify, and treat cancer and other diseases.

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Collecting another blood sample from a subset of participants will allow us to understand how markers in the blood may change over time and to collect samples using newer types of collection tubes that will enable us to study blood samples in new, innovative ways that didn't exist when we started CPS-3. Like all of our data collection, new collection efforts continue to enhance this scientific resource and make even more high-impact science possible.”

– Dr. Patel

What does participation in this substudy involve?



Sign up: After you receive an email invitation to join this substudy, visit your CPS-3 [Participant Portal](#) to sign up and consent to participate.



Schedule your blood draw: You will receive a collection kit in the mail, with instructions on how to make an appointment with an American Cancer Society lab partner at a location that's convenient for you. The kit will also include the materials you'll need for your appointment.



Get your blood drawn: A medical professional will draw your blood and measure your height, weight, waist circumference, and blood pressure.



Take a brief survey: Log in to your CPS-3 Participant Portal within 24 hours after your blood draw. You'll be asked questions about things that might have affected your blood sample, such as what medications you're taking and when you had your last meal before giving blood.

How can I participate in the CPS-3 Repeat Blood Collection Substudy?

1. Register for the CPS-3 Participant Portal:

This substudy is being conducted via the Participant Portal, so [please register](#) to ensure you are able to receive an invitation for the Repeat Blood Collection.

2. Keep an eye out for your invitation by email: We will invite participants over the next two years. If you aren't invited right away, do not worry. You will receive an invitation at some point in 2024 or 2025.

To learn more about this substudy, check out our [website](#) and [FAQs](#).

Meet the Staff – Analyst Team



Left to right: Mariah Landry, Ananya Reddy, Sicha Chantaprasopsuk, Ellen Mitchell, Kierstin Faw, Adriana Lori, Olivia Anike, Ryan Diver, James Hodge. **Not pictured:** Emily Deubler, Matt Masters, Anuj Nanavati, Christina Newton.

Our population science group is a diverse team that works together to conduct innovative cancer research. The data analysts are a core part of this team. The team is led by Ryan Diver, MSPH, along with 12 master's level scientists.

The analyst group uses data collected through triennial and portal surveys and biospecimen resources from participants to better understand factors that affect cancer risk and survivorship. They work directly with American Cancer Society Population Science principal investigators and are responsible for running statistical analyses to answer different research questions. This

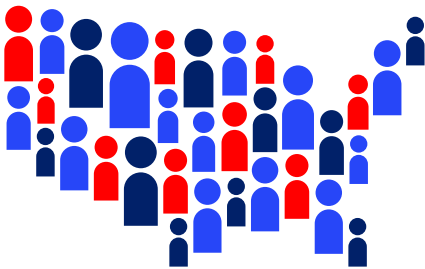
team also cleans and compiles CPS data for external researchers, allowing them to conduct more research with the data we collect.

The analyst group is divided into two teams – the biospecimen analysis team, led by James Hodge, JD, MPH, and the survey analysis team, led by Emily Deubler, MSPH. The biospecimen analysis team focuses on projects that involve data generated from blood and tumor-tissue samples, as well as data from devices such as FitBits, to understand how biological and physiological processes affect cancer risk. The survey analysis team focuses on projects that utilize the CPS-3 survey data to better understand lifestyle and behavioral risk factors.

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The data analysis group runs the statistics that answer the scientific questions of the senior researchers, and we are the experts on the details of the data. If you see a number in a publication using CPS-3 data, it came from our team.”

Ryan Diver
MSPH, Director



Cancer Prevention Study-3

research today for a **cancer-free** tomorrow

Contact Us:

For any questions related to CPS-3, including change of address or other contact information, please call us at **1-888-604-5888** (Monday-Friday 9 a.m. – 5 p.m. ET) or email us at cps3@cancer.org. All inquiries will be answered promptly.

We're also available at cancer.org/cps3 and facebook.com/supportCPS3.

For the latest information and answers, visit our website at cancer.org or call us at **1-800-227-2345**.