

CPS-3 Summer 2025 Newsletter



Summer 2025

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A Note from the Principal Investigator

Greetings to our dedicated Cancer Prevention Study-3 (CPS-3) participants! Thank you for your ongoing commitment to CPS-3. We have been busy over the past year enhancing the CPS-3 study resources, building our team, and conducting some exciting and innovative research. In this edition of our CPS-3 newsletter, you will learn about the research we have been doing related to lifestyle behaviors like physical activity, sleep, and healthy eating and how these factors affect cancer risk and survivorship. You will also learn more about our study enhancements, including our most recent triennial survey, blood collection substudy, and participant portal.



In addition, you'll get to meet our new cohort of postdoctoral fellows. These fellows represent some of the best and brightest young researchers who will be co-trained by CPS-3 investigators at the American Cancer Society (ACS) and faculty across Emory University.

There is so much important work happening within CPS-3. I hope you feel the same pride that I do in being a part of these discoveries. Every finding that improves our knowledge about cancer and the lives of people with cancer and their families is because of the time and information that each CPS-3 participant continues to provide. Wishing you a happy summer season!

Sincerely,



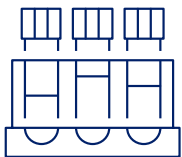
Alpa V. Patel, PhD
Principal Investigator, CPS-3

CPS-3 2024 Triennial Survey

Since we launched the Triennial Survey in March 2024, over 130,000 participants have completed it. The data collected from these surveys are the cornerstone of our cancer prevention and survivorship research, enabling us to understand how changes in lifestyle, environment, genetics, and other factors affect cancer risks.

The *final* paper version of the survey was mailed in April. If you have not yet completed it, you still have time! Responses – either online or paper – will be accepted through December 31, 2025. Thank you to all of the participants who have already completed the survey!

Repeat Blood Substudy



We are over three-quarters of the way to our goal of 10,000 collections! Thanks to everyone who has participated thus far; this work would not be possible without your enthusiasm and support.

The remaining invitations for the substudy will be sent on a random, rolling basis via email throughout the

rest of the year. You must be registered on the CPS-3 Participant Portal and have completed the 2024 triennial survey to be eligible.

If you have any questions or would like to learn more about the substudy, visit cancer.org/cps3, or send an email to the substudy team at bloodsubstudy@cancer.org.

CPS-3 Participant Portal



The CPS-3 Participant Portal is celebrating its **five-year anniversary**. Since its launch, 67,482 participants have opted into the the study portal to go paperless and digitize their involvement in the study. Portal participants can also join substudies and complete smaller surveys that complement our more comprehensive triennial surveys.

We wish to extend a heartfelt **thank you** to our portal participants who have demonstrated their steadfast commitment to cancer research – with over 97% completing the 2024 triennial survey.

This summer, portal participants will be invited to respond to our annual cancer screenings survey. This survey asks about cancer screenings you had in the past year.

American Cancer Society investigators are leaders in publishing evidence-based cancer screening recommendations. For instance, our colleagues initiated the national movement to lower the screening age for colorectal cancer. We are optimistic that data collected from our cancer screenings survey will continue to provide guidance for cancer screening recommendations.

Meet the Staff

The American Cancer Society (ACS) is committed to developing the next generation of cancer researchers to advance our research program. We are thrilled to share a new, unique partnership between Winship Cancer Institute at Emory University and ACS scientists that will help identify interventions that can help reduce the burden and risk of cancer, and increase the likelihood of cancer being diagnosed at an early stage. Through this partnership, we will increase our ability to analyze the data and samples for our CPS cohorts with over 1.5 million participants and over 400,000 samples. A major benefit to this collaboration is the opportunity to have four postdoctoral fellows join our Population Science team. These fellows will broaden their research training and experience by working on multiple projects under the guidance of one or more mentors.



Kelly Cara, PhD

- ACS mentors: Marissa Shams-White, PhD, MSTOM, MS, MPH; and Caroline Um, PhD, MPH, RD
- Winship mentor: Terry Hartman, PhD, MPH, RD
- Research area: Nutritional Epidemiology



Brigitte Pfluger, PhD

- ACS mentor: Ying Wang, PhD
- Winship mentor: Donghai Liang, PhD, MPH
- Research area: Metabolomics and Environmental Health



Ruiqi Jin, PhD

- ACS mentor: Anita Peoples, PhD, MPH
- Winship mentors: Dr. Canhua Xiao, PhD, RN, FAAN; and Ilana Graetz, PhD
- Research area: Cancer Survivorship, Financial Toxicity, and Health Outcomes



Katie Chiang, PhD, MPH

- ACS mentors: Alpa Patel, PhD; and Erika Rees-Punia, PhD, MPH
- Winship mentor: Terry Hartman, PhD, MPH, RD
- Research area: Social Determinants of Health and Health-related Behaviors

Research Highlights

Studies using CPS-3 data are published in scientific journals. Following are three recent highlights:

Device-based Physical Activity Measures in Cancer Prevention Study-3

- **What did we do?** Our prior research suggested that meeting weekly physical activity guidelines of about 150 minutes of moderate-intensity physical activity per week can help reduce the risk of adverse health outcomes, including several types of cancer. There are limited long-term studies with device-based measures of physical activity and sedentary time, and the existing studies are either restricted to one sex or people who live in one specific area. To address these limitations, we collected device-based physical activity data on over 20,000 men and women enrolled in CPS-3 using waist-worn accelerometers from 2019 to 2023.
- **What did we find?** Over 87% of our participants who were sent a device followed our protocol very well and wore the device for 10 or more hours per day for at least six days. On average, participants accumulated roughly 29 minutes of moderate-intensity physical activity per day and were sedentary for roughly nine hours of their waking day. We found that most participants in the CPS-3 Accelerometry Substudy were meeting the US physical activity guidelines.
- **Why is it important?** The CPS-3 Accelerometry Substudy is the largest US epidemiologic cohort of device-measured physical activity to date. Future research within the CPS-3 Accelerometry Substudy aims to identify relationships between physical activity, sedentary time, cancer, and other health outcomes.

Visit [here](#) to access the article.

Following the American Cancer Society Guideline for Cancer Survivors and obesity-related cancer survival

- **What did we do?** Our study looked at 3,742 cancer survivors who were diagnosed with one of 13 types of cancers linked to obesity. These participants were part of the Cancer Prevention Study-II Nutrition Cohort. We examined their lifestyle habits – including body weight, physical activity, diet, and alcohol use – through a survey conducted after their cancer diagnosis. Based on their responses, we gave each person a score reflecting how closely they followed the American Cancer Society (ACS) [guideline](#) on nutrition and physical activity for cancer survivors.

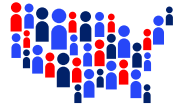
- **What did we find?** Cancer survivors who closely followed the ACS guideline had a lower risk of dying compared to those who didn't follow the guideline. Survivors who maintained a healthy lifestyle both before and after their diagnosis – or those who improved their habits after diagnosis – also had a lower risk of death.
- **Why is it important?** A cancer diagnosis often motivates people to think about how they can live healthier lives. Many survivors want to know what lifestyle changes they can make to improve their chances of living longer. In 2022, we updated our guideline for cancer survivors, recommending they avoid obesity, stay physically active, eat a healthy diet, and avoid or limit alcohol intake. Since most cancer survivors in the US are not current smokers – and smoking is a major risk factor for death – it's important to understand how these other lifestyle choices affect survival.

Visit [here](#) to access the article.

Associations of sleep duration and weekend catch-up sleep with cancer risk among US adults in the Cancer Prevention Study-3 cohort

- **What did we do?** Sleep duration may be associated with cancer risk, but current research does not show a clear pattern. Additionally, weekend catch-up sleep is the experience of sleeping different durations on the weekdays and weekends due to social or work commitments. This is a common phenomenon but hasn't been studied in relation to cancer. We examined the association of sleep duration and weekend catch-up sleep with the risk of getting cancer.
- **What did we find?** We found no relationship between sleep duration or weekend catch-up sleep with the risk of any cancer or breast cancer specifically.
- **Why is this important?** Sleep is essential to mental and physical health. It is important to understand how sleep may be related to cancer, if at all, because it is a behavior practiced by everyone. This was the first of several studies to better understand how sleep patterns may be related to cancer risk. Future CPS-3 studies will investigate other aspects of sleep, such as quality, disturbances, and timing.

Visit [here](#) to access the article.



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

Frequently Asked Questions

Who funds Cancer Prevention Study-3?

CPS-3 is funded by the American Cancer Society (ACS), which is the largest private funder of cancer research in the US. Although ACS does not receive government support for the ongoing CPS-3 follow-up, we remain committed to funding the study.

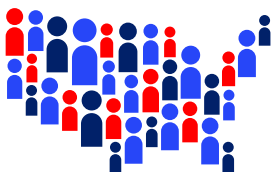
How do I know that my data are not being shared?

Data confidentiality and privacy remain top priorities in CPS-3. When your data are collected, they are labeled with a unique identification number. Your data are then stored separately from all personal identifiers, such as your name and address. All study materials are stored

on secured computer files and/or in a locked facility, and your personal contact information is kept in separate files accessible only to a limited number of study management staff and will not be shared with anyone.

May I continue with the study after a cancer diagnosis?

Once you tell us about your cancer diagnosis, we will continue to use your information and ask you to complete follow-up surveys. We will learn if your lifestyle, environmental, and genetic factors influence treatment outcomes, survival, and quality of life following your diagnosis. It is important for us to follow you for the full length of the study.



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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 (Option 3)** Monday-Friday 9 a.m. – 5 p.m. ET or email us at cps3@cancer.org.

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

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