

Guam Comprehensive Cancer Control Newsletter



The Guam Comprehensive Cancer Control Coalition

For the past five years, the Guam Comprehensive Cancer Control (GCCC) Coalition has facilitated a collaborative process between government, non-profit, public and private partners – pooling resources to reduce the burden of cancer on Guam, with goals of reducing risk, early detection, better treatment and enhanced survivorship.

Coalition members work together to address prevention, early detection and treatment, survivorship, data & research, and policy & advocacy issues faced by cancer patients, survivors, caregivers, and families on Guam. Funding to support this effort is primarily provided by a grant to the Department of Public Health and Social Service's Guam Comprehensive Cancer Control Program. Comprehensive Cancer Control is not intended to provide direct services to patients; instead, CCC focuses on policy, systems, and environmental approaches that have a greater impact on the community.

Some of the Coalition's accomplishments include successful development and implementation of the Guam Comprehensive Cancer Control Plan (2007- 2012); publication and dissemination of the Guam Cancer Passport: A Guide to Survivorship and Care; and advocating for policy change such as the Tobacco Tax Increase.

We encourage you to join our coalition as we continue to prevent and control cancers in our community. This newsletter highlights several of our accomplishments so far this year and we hope to accomplish more in the months to come.

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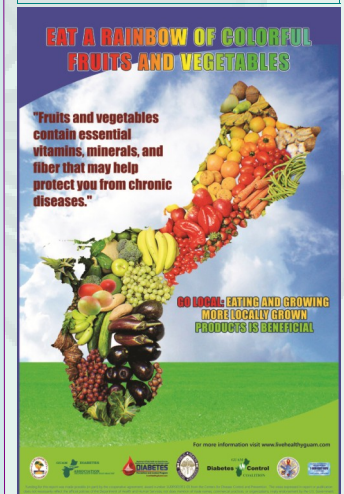
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Guam Comprehensive Cancer Control Coalition members at the Annual Cancer Retreat held on December 14, 2012 at the Westin Resort Guam

"The people of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."



LiveHealthyGuam



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Working to Address Safe Paths to School by Mr. Lawrence Alam

In March and June 2013, the GCCC Coalition's Prevention Action Team, the Non-Communicable Disease (NCD) Consortium's Physical Activity Group and various partners collaborated in the implementation of the Safe Paths to School Project, beginning with clean-up activities at two parks in Ligan, Dededo, and effort to increase access to pathways leading to Ligan Elementary School as well as to promote physical activity among children, families, and individuals who can now utilize the parks for various activities.

Through the Lt. Governor's Island Beautification Task Force, US Marine Corps, and other partners, Ligan Parks 2 and 3 received significant care to include fixing the basketball court, reconnecting park lighting, repairs and restoration to the park's pavilion, and clearing tons of debris and trash.

Although once unused due to decades of neglect, the parks are now being used by the community. In fact, Ligan Park 3 is now moving towards becoming one of Guam's model parks .

However, we are still not done! There still need to expand efforts to build pathways so that children can walk safely and have easier access to the schools. Through partnerships, signs are also being installed to provide information on the parks' use. The team is also exploring ways to ensure that maintenance of the park is sustained by providing a riding mower to cut the grass.

The team plans to expand this project to other villages around the island through the Guam NCD Plan 2014– 2017.

Various Pictures from the Safe Paths to School: Park Clean Up Activity



Healthy KIDS 4 LIFE: Making Strides

by Ms. Krista Gaza

In collaboration with Strides for the Cure, the GCCC Coalition's Prevention Action Team and the NCD Consortium's Physical Activity Group implemented a cancer prevention curriculum, training, and Physical Fitness Program in May 2013 with three of Guam's public schools as part of an introductory program. The Healthy Kids 4 Life: Making Strides incorporated classroom curriculum provided by St. Jude's Children's Research Hospital and the physical fitness challenge provided by Strides for the Cure Guam.



The classroom curriculum included six weeks of lesson plans and lab experiments to teach the 3rd thru 5th grade students of three elementary schools: Machananao, Talofofu, and Tamuning, about cancer, its known causes and ways to prevent it. Approximately 500 students and faculty members participated in this curriculum from St. Jude's. Students were given quizzes about what they knew prior to the class work and end of program tests to measure what they learned.

The physical fitness program included six weeks of challenges, training sessions, and test days to measure marked improvement in their physical activity over the course of the program. Exercises included: sit-ups, push-ups, jump rope counts, and shuttle runs. Approximately 550 students and faculty members participated in this physical fitness program.

Various Pictures from the School Sports Day: Healthy Kids 4 Life

At the end of the program "sports day" was used as an incentive for team participation and play, and to provide a venue for individual awards to be presented.

St. Jude is a humanitarian hospital based in Memphis, TN, dedicated to advancing the cures and means of prevention for pediatric catastrophic diseases through research and treatment. Strides for the Cure is a local non-profit organization that raises proceeds from 5k events to be used towards island-wide public awareness campaigns and annual events that transform the way our youth talks about and treats cancer.



The Guam Comprehensive Cancer Control Coalition's Annual Retreat By Mr. Lawrence Alam

The GCCC Program, in partnership with the GCCC Coalition, implemented the 2012 Cancer Retreat on December 14, 2012 at the Westin Resort Guam. The Annual Retreat provided an avenue for coalition members, partners and stakeholders to learn about the latest cancer data; revise the cancer plan; and set priority objectives for the year. The retreat also recognized coalition members that have been active throughout the year.



Plans and priorities developed at the Retreat include:

- The Prevention Action Team will continue implementing the Cancer Prevention Curriculum (Healthy Kids 4 Life Program) project in partnership with the NCD Physical Activity Group and Strides for the Cure whose goals are to prevent obesity in children by promoting exercise and proper nutrition in schools. The team will continue supporting the Safe Paths to School project.
- The Screening, Early Detection and Treatment Action Team (SEDAT) will work to distribute and promote the use of the 2012 United States Preventive Services Task Force Guidelines to all local health care providers. The guide provides current recommendations for cancer screenings. The team will also look at re-establishing the Guam Tumor Board. Both projects promote higher quality of care to patients.
- The Data and Research Action Team will focus its efforts on the Economic Cost of Cancer and the Guam Cancer Survival Rates projects. These projects are the first of their kind for Guam.
- The Policy and Advocacy (P&A) Action Team will continue to support Coalition Action Teams in their particular priority objectives. For example, P&A will be providing assistance to the SEDAT in promoting the use of the 2012 USPSTF Guidelines, and the re-establishment of the Guam Tumor Board.
- The Survivorship Action Team will implement cancer-specific community education activities such as Hospice Care, Caregiver Support, Communicating with Doctors, Spirituality and Religion, and Doctor Education. They will also work to implement a sustainable Palliative Care Curriculum in Guam; and begin working on the Book of Hope project, which will feature stories of cancer survivors.



The GCCC Cancer Awards were held in conjunction with the retreat. The awards ceremony honored individuals, organizations, and partners that have been instrumental in the fight against cancers in our community.



The Remy Pangan Spirit of Life Award was given to Mr. Terry Cuabo for his work as the Executive Director of Guam Cancer Care.

The Spirit of Collaboration Awards were given to three organizations: the Guam Medical Association was recognized for their work in coordinating the Pacific Cancer Conference; the palliative care partners that worked towards the Palliative Care Curriculum in Guam; and the University of Guam's Cancer Research Center who worked at empowering the community through data to address disparities.

More than 75 participants attended the Retreat.

Various Pictures from the Cancer Control Coalition's Annual Cancer Retreat



Celebrate Life! Cancer Survivors Conference

By Ms. Vivian Pareja

The GCCC Coalition's Survivorship Action Team spearheaded the ***Celebrate Life! Cancer Survivors' Conference*** on June 28, 2013 at the Westin Resort Guam.

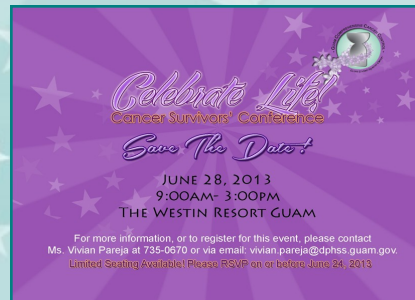
Cancer survivors and their family members, caregivers and health care professionals participated in the conference.

Participants learned about advanced health care directives, which gave information on what a person can do if unable to make decisions regarding his or her health. Another topic centered on family roles and dynamics which talked about changes in and between family relationships due to cancer. The last plenary session talked about spirituality, stress management and self-care.

Two breakout sessions enabled participants to participate in gentle yoga and massage therapy that focused on various methods of relaxation. Participants also learned about managing finances related to the economic burdens of cancer.

The American Cancer Society, Guam Cancer Care, University of Guam's Cancer Registry, and Department of Public Health and Social Services' Bureau of Community Health Services conducted tabletop displays promoting available cancer information and services in our community.

More than a hundred cancer survivors, family members, and caregivers joined the conference!



Various Pictures from the Celebrate Life! Cancer Survivors Conference



Policy, Systems, and Environmental Change (PSE) Workshop

By Ms. Vivian Pareja



On June 7, 2013, the Guam CCC Program in partnership with the Tobacco Prevention and Control Program coordinated the PSE Workshop held at the Outrigger Resort Guam.

The objective of this workshop was to increase community partners and stakeholders' awareness and knowledge about effective **policy, systems, and environmental (PSE) change** approaches, and to learn skills in strategic planning for effective PSE interventions in cancer prevention and control.

The workshop focused on three priority areas: Prevention (Tobacco, Nutrition & Physical Activity, and Alcohol); Clinical (Screening, Early Detection, and Treatment); and Survivorship, resulting in the development of action plans addressing PSE strategies that target wider populations in Guam.

PSE Strategies that were discussed and developed by the teams include ensuring compliance with Guam law for bike paths and sidewalks to be built on newly developed roadways; providing economic incentives to providers that meet standards of care; and improving insurance coverage that includes complimentary treatments and medical supplies needed to support quality of life for cancer survivors.

The PSE Workshop was facilitated by Dr. Annette David. Speakers who contributed to the workshop were Ms. Audrey Topasna from the Guam Behavioral Health and Wellness Center and Mr. Patrick Lucas from the Department of Public Health and Social Services.

Various Pictures from the Policy, Systems, and Environmental Change Workshop



Nutrition and Physical Activity Group



Clinical Group



Survivorship Group



Tobacco Group



Alcohol Group

Coming Soon

September is Prostate Cancer Awareness Month

If you are at least 50 years old (or 40 years old with a family history of prostate cancer), talk to your doctor about the benefits of prostate cancer screening.

October is Breast Cancer Awareness Month

Women 40 years and older should have a screening mammogram every year.



We would like to invite you to join the Coalition...

As a member of the Coalition, you will:

Be involved with developing, enhancing, and supporting cancer programs and services.



Advocate for and support cancer survivors and their families.



Network with others in the community that share a strong interest in cancer and access cancer-related resources and information.

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact :

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The Bureau of Community Health Services' Guam NCD Plan Strategies:

WORKSITE WELLNESS INITIATIVE

Incorporate Physical Activities when you are at work!

- 1.) Use the stairs when you can.
- 2.) Park farther from the entrance door to your workplace.
- 3.) Set an alarm to go off every hour to remind you to stand up and move around.
- 4.) Aim for 10,000 steps everyday.
- 5.) GovGuam employees are encouraged to participate in the Worksite Wellness Program through Executive Order 2012-07. (For applicable Government of Guam Agencies and Departments)

Through the program, employees have the privilege of engaging in fitness and wellness activities for 1 hour a day, up to 3 times a week.

Adults are recommended to do at least 150 minutes of moderate physical activity or 75 minutes of vigorous activity per week or a combination of both!

For more information, please call the Guam Department of Public Health and Social Services Bureau of Community Health Services at 735-7364 or 735-7295. This advertisement is funded through a grant from the Secretariat of the Pacific Community.

You can prevent and control diabetes

GET A HEALTHY START and GET ACTIVE

Exercise at least 30-60 minutes, five days a week.

Regular Physical Activity helps improve your overall health and fitness, and reduces your risk for diabetes and many chronic diseases.

The 2008 Physical Activity Guidelines for Americans, recommend that:

CHILDREN: Be active at least 60 minutes or more daily. Most of the 60 minutes should be moderate or vigorous activity.

ADULTS: Do at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week or a combination of both.

For additional health benefits, adults should do more than 300 minutes of moderate or 150 minutes of vigorous activity per week or a combination of both.

Moderate activity: You may sweat, but you are still able to carry on a conversation. You can talk, but you can't sing.

Vigorous activity: You are only able to speak in short phrases. You are likely to be sweating.

Be sure to check with your doctor before starting any fitness plan.

For more information visit www.livehealthyguam.com

COMMUNITY GARDENS

GROW LOCAL BUY LOCAL EAT LOCAL

Individuals or organizations interested in starting or enhancing existing gardens are invited to contact the Non-Communicable Disease (NCD) Consortium at 635-7474 or email alex.silverio@dphss.guam.gov

Live Healthy Guam!

