

'Imi Hale

Native Hawaiian Cancer Network—Newsletter



Aloha Kakou!

Mei 2012



Highlights from the 4th Annual Ho'okele i ke Ola March 2012 Training by Jermy Domingo, CPN Coordinator

On March 23, 2012, 14 certificates were proudly handed out to the latest group of Cancer Patient Navigators for completing the Ho'okele i ke Ola, 6-day training. The fast-paced 48-hour curriculum kept participants busy hearing and interfacing with experts in the field, touring cancer care facilities in Honolulu, and networking with experienced navigators.

New Participating Organizations. For the first time, we received trainees from Kaiser Permanente, Wilcox Memorial Hospital, and other community organizations like American Cancer Society and American Lung Association. Trainees ranged from Community Outreach Workers and health educators, to cancer survivors and oncology nurses.

New Faculty. We were delighted to welcome several first time faculty. Dr. Dee-Ann Carpenter spoke to the importance of the primary care physician in cancer care. Jane Daye shared her knowledge and experience with clinical

trials. Leah Gazan, from JABSOM's Health Science Library, helped trainees navigate the plethora of web resources. The benefits of hospice were described by St. Francis Hospice's Medical Director, Dr. Emma Grote. Stacy Ching, QMC dietitian, shared her expertise on the importance of maintaining proper nutrition during cancer treatment. Aukahi Austin, PhD and Andrea Hermosura, of I Ola Lāhui spoke on the psychosocial issues surrounding cancer care. The trainees were also afforded the opportunity to network with experienced Navigators from The Queen's Medical Center, Maui Memorial Medical Center, Hilo Medical Center, and Moloka'i General Hospital.

Mahalo nui loa to all 49 of our faculty, new and returning, who generously share their knowledge and time with our trainees. For a full list of speakers, see page 5. Another mahalo piha to all the facilities that gener-

ously provided training space and allowed us to tour their facilities: The Queen's Medical Center, John A. Burns School of Medicine, Kapi'olani Medical Center for Women and Children, Kapi'olani Women's Center and Breast Center, Straub Clinic and Hospital, and Kuakini Health System. Stay tuned for our upcoming training this summer. To learn more, drop us an email at, hookele@papaolalokahi.org.



HRSA Navigators talking story with the trainees



Dr. Jared Acoba (above) reviews cancer basics.

Left: March 2012 Ho'okele i ke Ola graduates. Back (L to R) Pat Tamashiro, Corinna Roth, Maxine Kalani, Susan Amina, Mickey MacMillian, Ruby Wong, Pua Iuli, Ululani Moniz. Front (L to R) Kanoe Davis, Susan Oshiro-Taogoshi, Leimomi Golis, and Dynaka Aea. Missing: Kamaile Williams and Shannon Hao

Upcoming Research

What do pregnant women think about the new graphic warning labels proposed for tobacco packages?

‘Imi Hale is collaborating with the University of Connecticut on a multi-site study to query pregnant women who smoke or smoked until they found out they were pregnant and examine their responses to the new graphic warning labels that will be on cigarette packages. The study will also explore other messages that may enhance their effectiveness in promoting quitting during pregnancy, and preventing smoking relapse after pregnancy. The information will be provided to the FDA so they can better tailor anti-smoking messages to pregnant women. Our goal is to get opinions and reactions from Native Hawaiian women and women from rural communities in Hawai‘i.

The focus group will take up to 2 hours. Light snacks will be provided and a \$50 gift certificate will be provided to participants for their time and participation. Participants will be asked for recommendations on any additional messaging and graphics that they feel would be effective with pregnant women in Hawai‘i. They will also be asked to respond to a post-partum survey.

Learn more if you or your agency is interested in participating in one of the focus group contact, May Rose Dela Cruz at ‘Imi Hale, 526-1700 (mdelacruz@papaolalokahi.org).

Principal Investigator: Leslie Snyder, PhD, University of Connecticut

Co-Principal Investigator: Kathryn Braun, DrPH, ‘Imi Hale.



Cancer Screening Information in Native Hawaiian and Filipino Women



What role does health literacy play in cancer screening rates among Native Hawaiian and Filipino women in Hawai‘i? Dr. Tetine Sentell, project PI, is conducting a pilot research study to answer that question.

Adult health literacy is defined in Healthy People 2010 as “the degree to which individuals have the capacity to obtain, process, and understand basic health information and services for appropriate health decisions” (US Department of Health and Human Services, 2000). It is associated with less understanding of, and less participation in, cancer screening, and more advanced-stage cancers at detection even when other factors, such as age, education, and insurance status, are controlled.

This pilot project is gathering qualitative and quantitative data across the state to address knowledge gaps about the relationship of health literacy to cancer screening among Native Hawaiian and Filipino women. The goal is to obtain a deeper understanding of the role that health literacy and written health materials play in health care access and health care system navigation.

Focus groups are currently underway and more are being planned to reach our target of 150 women from across the state. If you or your group is interested in participating, please contact May Rose Dela Cruz at ‘Imi Hale at mdelacruz@papaolalokahi.org or call 526-1700.

Worksite Wellness



PILI Lifestyle Program

PILI@Work Claire Townsend, MPH

PILI@Work has successfully engaged 4 worksites to participate in a 12-month, healthy lifestyle intervention that includes a 3-month weight loss phase followed by a 9-month weight loss maintenance phase. Sites include the Waimānalo Health Center, University of Hawai'i John A. Burns School of Medicine, The Queen's Medical Center and Ke Ola Mamo, the Native Hawaiian Health Care System.

PILI@ Work is a randomized control trial supported by 'Imi Hale with funds from the National Cancer Institute's Center to Reduce Cancer Health Disparities. This research is led by Dr. Keawe Kaholokula at the UH Department of Native Hawaiian Health and directed by Claire Townsend, MPH. This program is an adaptation of their successful PILI 'Ohana Program and is being implemented in Native Hawaiian-serving organizations in Hawai'i. The 12-month weight loss and weight loss maintenance program provides trained facilitators to work with employee groups at the worksites.

Currently, all 4 sites have completed the weight loss phase and have been randomized to the weight loss maintenance phase which will compare face-to-face coaching vs. coaching from a DVD. Preliminary results for Phase I suggest a modest but statistically significant weight loss and improvements in physical functioning, blood pressure and eating habits.

Future sites include Keiki o ka 'Aina, Moloka'i Health Center, Na Pu'uwai, Queen Lili'uokalani Children's Center, in addition to new groups at UH JABSOM and Queen's.

Kino Ola Worksite Wellness Program

Project Leader—Jodi H. Leslie, DrPH

The idea to create a worksite wellness toolkit, specific to Native Hawaiian-serving agencies, started with the Designing Healthy Worksites (DHW) pilot project, funded by the Center to Reduce Cancer Health Disparities (National Cancer Institute), 'Imi Hale Native Hawaiian Cancer Network (a program of Papa Ola Lōkahi), and the Office of Hawaiian Affairs (OHA). In this study, led by Dr. Jodi Leslie and Dr. Claire Hughes, supports and barriers to healthy eating and physical activity at the workplace were assessed among eight Native Hawaiian-serving agencies. This involved an assessment of the worksite environment and management and policy support for wellness, in addition to a survey of employee's habits, attitudes, beliefs, and preferences toward maintaining a healthy worksite and practicing healthful behaviors at work.

Results showed that employers and employees were very enthusiastic about health promotion in the workplace. Employees reported that they are more motivated to practice healthy behaviors when co-workers and administrators participate in them too. They also indicated the importance of a supportive worksite environment and worksite policies.

With continued support from the OHA and 'Imi Hale, Drs. Leslie and Hughes developed *Kino Ola*, a worksite wellness toolkit designed to help Native Hawaiian-serving agencies plan and design a wellness program that meets the needs and interests of their employees. Besides incorporating findings from the assessments done during the pilot phase of the project, *Kino Ola* integrates best practices from other evidence-based worksite curricula – the North Carolina HealthSmart Worksite Wellness Toolkit, South Carolina Worksite Wellness Toolkit and Resource Guide, and the Vermont Worksite Wellness Resource.

Four Hawaiian-serving agencies are currently utilizing the *Kino Ola* Toolkit to start worksite wellness programs. The commitment to refine and improve this resource is on-going. We want to ensure the toolkit is dynamic and relevant to the changing needs of employees and current in content and recommended practices. Our intent and hope is that the *Kino Ola* toolkit will be a catalyst in bringing wellness and health throughout your agency and all its employees.

If your group is interested in having your worksite be a part of this project, please contact Dr. Jodi H. Leslie at jhleslie@msn.com or Elise Davis of 'Imi Hale at edavis@papaolalokahi.org or call 591-6653.



Cancer Screening Navigation, Check it out!



Waimānalo Health Center (WHC) is piloting a Cancer Screening Navigator project to increase the number of women who are current with their breast and cervical cancer screenings.

WHC is a federally qualified Community Health Center (CHC) that provides comprehensive primary and preventative health services to the Waimanalo community in rural O'ahu. Currently, WHC conducts about 1,200 Pap tests per year, but approximately 25% of their eligible clientele have not had a Pap test within the last 3 years. The current recommendation for cervical cancer screening is a

Pap test every 3 years for women age 21-64, and for breast cancer screening, a mammogram every 2 years for women age 40-69.

'Imi Hale Native Hawaiian Cancer Network is supporting WHC in pilot testing the effectiveness of a Cancer Screening Navigator to reach women who are in need of a current screening Pap test and assisting them in accessing services.

Leading the project at WHC is Dr. Christina Lee, Medical Director, Veronica Tomooka, Community Services Director, and Louana Kassebeer, BCCCP Project Coordinator, who is implementing the Screening Navigation protocol, which was adapted from Dr. Harold Freeman's Outreach Navigator protocol utilizing mail, phone and face-to-face

contacts. The screening navigator assists patients to get to and through screening, addressing any barriers that may prevent them from getting their screening test. For the majority of clients, who will test "normal", the navigator will update the patient's medical record. For clients with an "abnormal" result, the navigator will help the patient to and through diagnostic confirmation.

Anticipated outcomes include an increase in the number of women who have had a Pap test within the past 3 years, an increase in the number of women who have completed a screening mammogram within the past 2 years, and a decrease in the number of barriers to accessing screening services.

Got 30 minutes? Learn about clinical trials!

If you are a Primary Care Physician, you are an important messenger about clinical trials to your patients who get cancer.

Trained staff from The Queen's Cancer Center, 'Imi Hale Native Hawaiian Cancer Network, and the UH Cancer Center are available to talk with Primary Care Physicians (PCP) and their staff about, **Why Clinical Trials are Important to Your Practice and to Your Patients Who Get Cancer.**

This cadre of presenters have all been trained by ENACCT, the Education Network to Advance Cancer Clinical Trials, and they are ready to hit the road! In 30 minutes, speakers cover: 1) What are clinical trials, 2) Myths many doctors have about clinical trials, and 3) Why doctors are important "messengers" about clinical trials. Educational materials are provided (and refreshments too!).

If you are a Primary Care Physician or know one who would like to learn more about discussing Clinical Trials with their

patients, call The Queen's Cancer Center – Research Office 691-8548, or Koa Robinson at 'Imi Hale, 526-1700.

This program is made possible with support from The Queen's Medical Center, 'Imi Hale, ENACCT and the Center to Reduce Cancer Health Disparities.

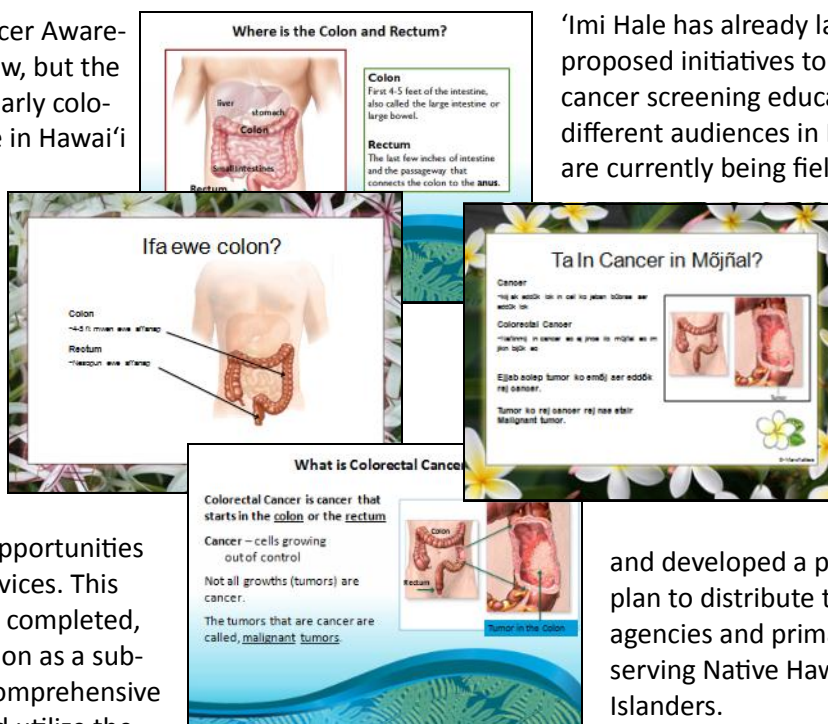
A physician's recommendation is often the primary factor influencing a patient's decision to participate in a clinical trial. However, only 2% of primary care physicians discuss clinical trials with their patients.



Colorectal Cancer Screening Education by Koa Robinson

March 2012, Colorectal Cancer Awareness Month is behind us now, but the efforts to increase rates of early colorectal cancer screening here in Hawai'i continue. In 2011, 'Imi Hale collaborated with stakeholders in Hawai'i to develop a four-year colorectal cancer screening education and awareness campaign planning guide.

Each organization shared their planned colorectal cancer activities in an effort to maximize collaboration opportunities and avoid duplication of services. This planning guide was recently completed, and the group will continue on as a sub-committee of the Hawai'i Comprehensive Cancer Control Coalition and utilize the planning guide for future activities.



'Imi Hale has already launched one of its proposed initiatives to develop colorectal cancer screening education flip charts for different audiences in Hawai'i. The flip charts are currently being field tested in Hawaiian,

Marshallese and Chuukese communities and the first versions will subsequently be field tested in a few pilot sites. Once we have received feedback on the flip charts

and developed a protocol for its use, we plan to distribute them to health agencies and primary care physicians serving Native Hawaiians and Pacific Islanders.

To learn more, contact Koa Robinson at krobinson@papaolalokahi.org.

MAHALO to all the Faculty of our May 2012 Ho'okele i ke Ola Cancer Patient Navigation Training

(Continued from Front Page)

Paul Morris, MD
Amanda Allison, MA
Michelle Malufau
Emma Grote, MD
Jared Acoba, MD
Leah Gazan
Jane Daye, MA
Kathryn Braun, DrPH
Dee-Ann Carpenter, MD
Reginald Ho, MD
Karen Uyeda, MBA, CPHRM
Pat Nishimoto, RN, MPH, DNS
Keola Beale, MD,
Rae Mamea, QMC
Susan Oshiro-Taogoshi
Ruby Wong
Sara Tanabe
Jermy Domingo, MPH
LorrieAnn Santos, MPA

Stacy Ching, MS, RD
JodiAnne Shaw, LSW, CCM
Clarence Liu
Randy Wada, MD
Vicki Lane
Brittany Ogata
Avette Ponce
Holly Ho-Chee-DuPont
Karli Smallwood, MBA
OretaTupola, MSW
Carol Kotsubo, APRN, MPH, MS,
CPON
Jeff Poirier, MSW
Terri Imada, APRN
Tracey Hewitt, RN, OCN
Aukahi Austin, PhD
Andrea Hermosura
Gayle Oshima, RN
Maria Anastario, MPH
Ann Frost, PT, MPT, CLT
Reni Soon, MD

Francisco Conde, RN, PhD
Jocelyn Nishioka
Janet Yoshikawa
Mahealani McClellan, MEd
Allison Shykowski, MS, CGS
Danielle Sharaga, MS
Chris Aoki, MD
Jennifer Mulholland

*We couldn't do it
without you!*

Mahalo no kou kōkua.

**Thank you for your participation
and continued support and
commitment of the Ho'okele i ke
Ola Cancer Patient Navigation
Training Program.**

E Komo Mai!

Welcoming Guests to Our Hale

‘Imi Hale was honored to host colleagues and experts from the National Institutes of Health, University of Washington and University of Connecticut. We appreciate their generosity and willingness to share their expertise with our staff, research Interns and our partners.

NIH Training and Mentorship in Honolulu

On-site training with NIH staff is a rarity in Hawai‘i—but not on March 1st and 2nd, when ‘Imi Hale and the Native Hawaiian Epidemiology Center, welcomed Jared B. Jobe, Ph.D. and Shobha Srinivasan, Ph.D. from the National Cancer Institute, and Kathleen Etz, Ph.D. from the National Institute on Drug Abuse. This stellar NIH team provided training about the current RFA, *Interventions for Health Promotion and Disease Prevention in Native American Populations*, focusing on the funding announcement, community based participatory research, grantsmanship and writing, and the peer review process. On the following day, the NIH team met individually with researchers interested in submitting applications.

A special ***Mahalo*** to Dr. Shobha Srinivasan and her colleagues for their strong advocacy to make this training possible. Their service and mentorship are greatly appreciated, especially when it is accessible in our own “back yard”!



L to R: Dr. Jared B. Jobe, NCI; Dr. Kathleen Etz, NIDA ; Dr. Shobha Srinivasan, NCI; and Elise Davis, ‘Imi Hale

Highlights from Queen’s Cancer Center/‘Imi Hale Monthly Research Meetings

The Queen’s Cancer Center and ‘Imi Hale host monthly research meetings to discuss and share cancer research relevant to Hawai‘i. We were honored to welcome experts from the University of Washington and the University of Connecticut.

Guest Speakers: Dr. Kelly Edwards & Dr. Wylie Burke University of Washington

Building Science, Building Trust

Researchers seem clear about the purpose of research, but, do communities? With heightened sensitivities in our communities about “being the guinea pig” and a world spotlight on genomics and biospecimen collection, how can academia build trust with communities of interest so that all parties learn from past transgressions and benefit from the research enterprise? That was the topic our colleagues, Dr.

Wylie Burke (bottom left) and Dr. Kelly Edwards (bottom right) from the Department of Bioethics and Humanities at the University of Washington School of Medicine addressed in February at the monthly Research Seminar sponsored by ‘Imi Hale and the Queen’s Cancer Center.



Drs. Burke and Edwards and other members of their UW team also spent time with ‘Imi Hale and QMC staff discussing ethical processes for bio-specimen collection and stewardship. We are so appreciative of their extensive expertise and experience in this area and their sensitivity in working with Native American and other minority communities.

Guest Speaker: Leslie Snyder, PhD, University of Connecticut *Will Graphic Warnings on Tobacco Packages Affect Pregnant Women and Teens?*

In January, we hosted Dr. Leslie Snyder, Professor of Communications Sciences and Director of the Center for Health Communications and Marketing, University of Connecticut. Dr. Snyder presented on, *Will Graphic Warnings on Tobacco Packages Affect Pregnant Women and Teens?: Testing the Impact on Native Hawaiian Pregnant Women and Other Diverse Groups in the U.S.*



Dr. Snyder shared information on her research examining the effectiveness of U.S. and international media campaigns on a variety of health topics including her upcoming study in partnership with Harvard University. This study will examine responses of pregnant women who smoke or smoked until they found out they were pregnant, to the new proposed FDA graphic warning labels on cigarette packages. 'Imi Hale will partner with Dr. Snyder on the Hawai'i-based site.

The two graphic designs specifically targeting pregnant women are pictured here. The US trails behind other countries that have already included graphic warning labels on their cigarette packaging, i.e., Australia, New Zealand, Britain, Brazil, Canada, and Singapore. The FDA warning labels were scheduled to appear on cigarette packages no later than September 2012. Lawsuits from the tobacco companies stalled this initiative but the Federal Appeals Court recently ruled to uphold the graphic warning signs (see box below).



Federal Appeals Court Upholds Graphic Cigarette Warnings and Other Key Provisions of New Tobacco Regulation Law

Statement of Susan M. Liss, Executive Director, Campaign for Tobacco-Free Kids

March 19, 2012

WASHINGTON, DC—Delivering a significant victory for public health, the U.S. Court of Appeals for the Sixth Circuit today upheld most provisions of the new law giving the U.S. Food and Drug Administration (FDA) the power to regulate tobacco products, including the requirement for large, graphic warnings on cigarette packs. This ruling affirms the authority of the FDA to take critical action to prevent the tobacco industry from continuing to target our children and mislead the American public. It marks the second time the FDA law has been broadly upheld.

Importantly, the court majority found that the law's requirement for large, graphic cigarette warning labels "are reasonably related to the government's interest in preventing consumer deception and are therefore constitutional." The court found that the warnings "do not impose any restriction on Plaintiff's dissemination of speech, nor do they touch on Plaintiffs' core speech. Instead, the labels serve as disclaimers to the public regarding the incontestable health consequences of using tobacco." (Source: http://www.tobaccofreekids.org/press_releases/post/2012_03_19_decision#.T2epj_dyR9g.mailto, accessed 3/19/2012)

'Imi Hale Nā Liko Noelo Feature:

Meet Francisco Conde, PhD, APRN, AOCNS

Queen's Cancer Center Survivorship Program

Dr. Francisco Conde is an oncology advanced practice registered nurse (APRN) who joined The Queen's Medical Center in 2009 and helped launch their Cancer Survivorship Program. With funding from the Queen's Native Hawaiian Health Program, Hearst Foundation, NCI Community Cancer Centers Program (NCCCP), and the Hawai'i Komen Foundation, this program provides survivorship services to cancer survivors at no charge.

Dr. Conde meets with cancer survivors and their family members, face-to-face, to address any ongoing cancer or treatment-related side effects; discuss potential late effects, surveillance guidelines, and health promotion activities, such as nutrition and physical activity. He also provides patients with an individualized cancer survivorship care plan. Dr. Conde explains, "At the end of their cancer treatment, survivors continue to face unique physical, emotional, psychosocial, and financial issues that are often ignored, and the survivorship program helps address those issues and improve quality of life of survivors."

Dr. Conde was born in the Philippines

and has 2 siblings. At the age of 2, his father died from a tragic plane crash. He and his siblings were raised by a single mom, who later re-married. At the age of 10, he and his family moved to Los Angeles to seek a better life. He grew up in south central L.A. where gangs and violence were a normal part of life. He remembers his mother saying, "I can't give you money, but I can give you education." With that, Dr. Conde went to UCLA where he obtained his undergraduate, Masters, and PhD degrees.

In 2005, Dr. Conde came to Hawai'i where he worked as an Assistant Professor at the UH School of Nursing. There, he secured over \$900,000 from HRSA to implement the Adult Health Clinical Nurse Specialist program at UH. With additional funds from the HMSA Foundation, he purchased simBaby, a high fidelity mannequin, which is used by both undergraduate and graduate nursing students. He was a principal investigator in an NIH-funded study that explored the barriers and facilitators to prostate cancer screening among Filipino men in Hawai'i. Dr. Conde reported that Filipinos in Hawai'i have the highest rate of advanced

prostate cancer at diagnosis and have the lowest rate of prostate cancer screening participation.

In addition to his clinical work, Dr. Conde remains active in research and community/professional service and is an affiliate faculty at UH School of Nursing. He recently received a grant from 'Imi Hale to examine the quality of life and needs of breast cancer survivors. Results from this study will be used to develop interventions offered through the Queen's Cancer Survivorship Program. He is currently the Secretary of the Hawai'i Prostate Cancer Coalition and has served as past President of the Hawai'i Oncology Nurses Society. He is an active volunteer for NAMI (Nurses Alliance Mentors, Inc), a non-profit organization that provides free NCLEX-RN reviews to nurses who graduated from foreign countries, and the National Kidney Foundation of Hawai'i.



APICEM Reaches Out to the Pacific

AANCART and 'Imi Hale staff met up with Patrick Luces, President of the Pacific Chronic Disease Coalition (PCDC) in November in Hawai'i to discuss PCDC's involvement in Asian Pacific Islander Cancer Education Materials or APICEM. APICEM is a web-based search tool to find cancer information in Asian and Pacific Islander languages. APICEM is a project of the Asian American Network for Cancer Awareness Research and Training (AANCART) in collaboration with ACS, 'Imi Hale, and WINCART. We look forward to PCDC's involvement so that their culturally tailored education materials can be shared with others through the APICEM web portal. A big mahalo to Dr. Reggie Ho for hosting lunch and advocating for increased access to cancer education resources for Pacific Islander and Asian communities. Check out the APICEM website at <http://www.aancart.org/apicem-web-tool> and share this resource with anyone serving Pacific Islander and Asian communities.



L-R: Patrick Luces (PCDC), JoAnn Tsark ('Imi Hale) Charlene Cuaresma and Dr. Reggie Ho (AANCART)

What's New at NCI & New Webinars

by Koa Robinson



R2R: Cyber-Seminar Series

Research to Reality (R2R): The Research to Reality (R2R) Cyber-Seminar Series hosted some very interesting seminar topics in the last few months. Launched just over a year ago, Research to Reality is an online community of practitioners and

researchers. It provides opportunities for discussion, learning, and enhanced collaboration on moving research into practice. Visit <http://researchtoareality.cancer.gov> to join the R2R community. Webinars are archived and can be easily accessed. Here are some interesting cyber-seminars you can find in their archive today:

Using Systems Thinking and Tools to Solve Public Health Problems (December 14, 2012)

<https://researchtoareality.cancer.gov/cyber-seminars/using-systems-thinking-and-tools-solve-public-health-problems>

Ensuring the Delivery of Patient-Centered Cancer Care (January 24, 2012)

<https://researchtoareality.cancer.gov/cyber-seminars/ensuring-delivery-patient-centered-cancer-care>

Make It Your Own (MIYO): Creating Customized Health Materials for your Community (March 13, 2012)

<https://researchtoareality.cancer.gov/make-it-your-own-miyo-creating-customized-health-materials-your-community>

NCI Cancer Bulletin—To stay abreast with what is currently going on in cancer research, subscribe to the NCI Cancer Bulletin. This biweekly online newsletter provides useful, timely information about cancer research, and all previous issues are archived on the cancer.gov website. To subscribe and read the latest NCI Cancer Bulletin newsletter, please visit: www.cancer.gov/

NCI's Cancer.gov Goes Mobile!

Smartphone users can now visit NCI's website on the go! If you go to m.cancer.gov on any smartphone, you now have access to a wealth of information. Topics and features include:

- Cancer diagnosis, treatment, side effects, and prevention
- Cancer research news
- Dictionary of cancer terms with audio pronunciations
- One-touch-connection to NCI's Cancer Information Service call center (1-800-4-CANCER)

In the future, more content, including information on clinical trials, will be added to m.cancer.gov.



New QuitSTART App Now Available on the Apple App Store

NCI also launched a tobacco cessation tool that is available on the Apple App Store called QuitSTART. This free smartphone app can help track cravings and moods, monitor progress toward achieving smoke-free milestones, identify hunger triggers, and upload personal "pick me ups" and reminders to use during challenging times to help successfully become and stay smoke-free.



Living With, Through & Beyond Cancer – FREE, Four Part Workshop Series

CancerCare, in collaboration with the National Cancer Institute: Office of Cancer Survivorship and Office of Communications and Education, LIVESTRONG, American Cancer Society, Intercultural Cancer Council, and Living Beyond Breast Cancer and National Coalition for Cancer Survivorship, is offering a free, four-part workshop series. You are invited to can listen to these workshops on the telephone or via live streaming through the internet. This free series is made possible by support from the National Cancer Institute and LIVESTRONG and offers cancer survivors, their families, friends and health care professionals practical information to help them cope with concerns that arise after treatment ends.

The series will take place on Tuesdays, from 7:30 – 8:30 a.m. (Honolulu Time).

Part I Using Mind/Body Techniques to Cope with the Stress of Survivorship – April 24, 2012

Part II Recapturing Joy and Finding Meaning – May 15, 2012

Part III Changing Roles and Responsibilities for Caregivers – June 19, 2012

Part IV Managing Post-Treatment Neuropathy – July 19, 2012

These workshops are **free** – no phone charges apply. However, **pre-registration is required**. To register and for more information, simply go to the CancerCare website: www.cancercare.org/connect.

Hey, What's That Smell?

In Hawai'i County, smoking in cars with minors (less than 18 years old) present is prohibited by law, Ordinance No. 10-33, adopted in 2010 by Mayor Billy Kenoi. That's putting muscle in the right place! To support this law and provide a reminder for others, 'Imi Hale developed an orange-cinnamon scented car air freshener with messages to "Keep Hawaii Smoke-Free" and 'A'ole e Puhi Paka (no smoking). It is our hope that other counties will follow Hawai'i county's lead and pass a similar law.

The idea to develop a car air freshener came from a member of our Community Health Education Advisory Committee. 'Imi Hale field-tested the message, packaging, and scent with over 100 individuals throughout the state at meetings, conferences, focus groups, and health fairs. The packaging includes contact information for the Hawai'i Tobacco Quitline and the Native Hawaiian Health Care Systems to aid individuals seeking information about smoking cessation services. Feedback regarding the scent varied from "make it smell like cookies!" to flowers such as gardenias and plumerias, and fruit (strawberry, apple, pineapple). The orange-cinnamon was the most popular among both males and females alike.

Community Health Educator, Koa Robinson has started distributing the car air fresheners to the NHHCS, community health centers, Coalition for a Tobacco-Free HI offices, and other tobacco cessation organizations. Get yours and help spread the message—

Keep Hawai'i Smoke-Free!

A big mahalo to all of our project supporters: The Queen's Medical Center/NCCCCP, REAL and especially the Hawai'i State Department of Health Tobacco Prevention & Education Program for assisting with production costs.



Legislative Session 2012 Update from the Coalition for a Tobacco-Free Hawai'i

by Jessica Yamauchi



COALITION FOR A
TOBACCO-FREE HAWAII

With the help of the community and the Coalition's partners HB 2306 died on the House floor this session. HB 2306 would have allowed bars and nightclubs to permit smoking. The bill passed out of the House Economic Revitalization and Business Committee this session, but died on the House floor the very next day.

Other bills the Coalition has been working on:

SB 2422, is an other tobacco product tax bill that would provide parity between taxes on cigarettes and most other tobacco products.

SB 2819 would ban e-cigarette sales to minors.

HB 46 would mandate public housing common areas that are enclosed or partially-enclosed be smoke-free. This bill is currently moving through the Senate. The House has introduced two resolutions requesting the Hawaii Public Housing Authority adopt rules prohibiting smoking in all Federal and State low-income housing.

Youth access and marketing issues were also taken up at the legislature this year. Bills that would require all tobacco products be placed behind the counter and place restrictions on tobacco advertising were introduced this

When I Grow Up, I'm Gonna Be a Cancer Researcher by May Rose Dela Cruz

I was excited to judge the Hawai'i State Science and Engineering Fair that was held at the Hawai'i Convention Center on April 3 and 4. It took me back to when I participated in it, a lifetime ago. Science fair projects, though stressful, were a fun way to display your critical thinking of science and share your ideas with others. It was also a mechanism that made me realize that I was interested in research and served as a stepping stone to where I am now.

As a judge for the 'Imi Hale Cancer Research Awards, I listened intently to students summarizing their visual creations. Many of them were nervous answering my questions, while others were so comfortable explaining their topic, impressing me with their enthusiasm. One of the standouts that made my selection easy was Chayse Tamaki (pictured right with his mom).

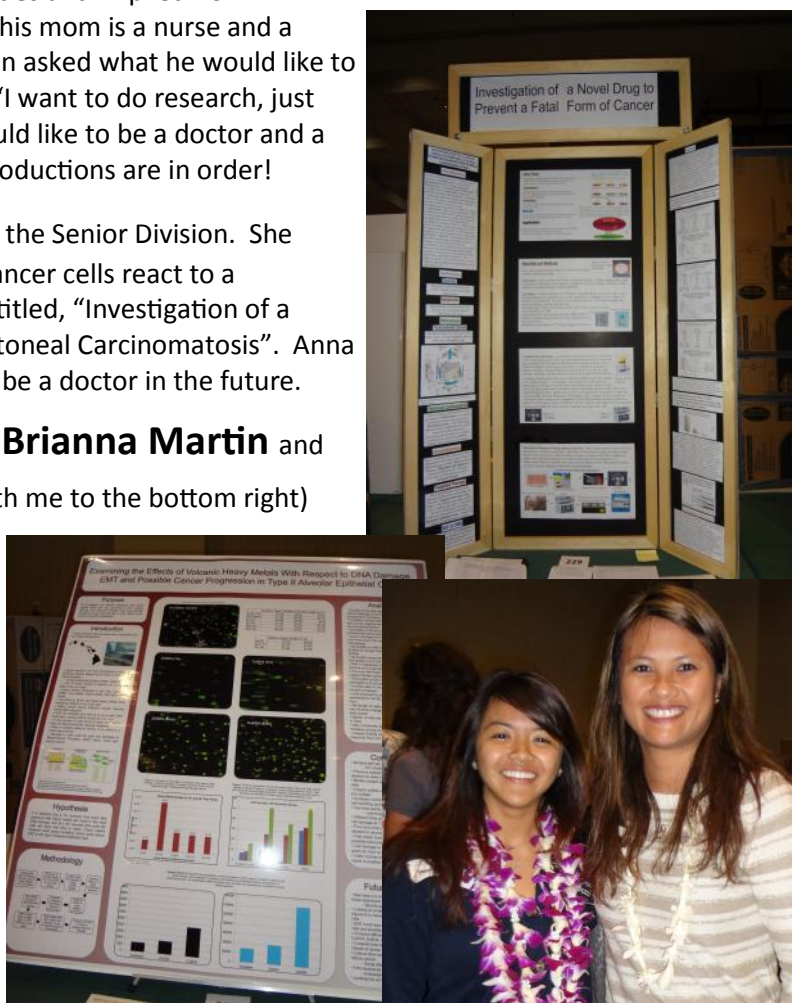
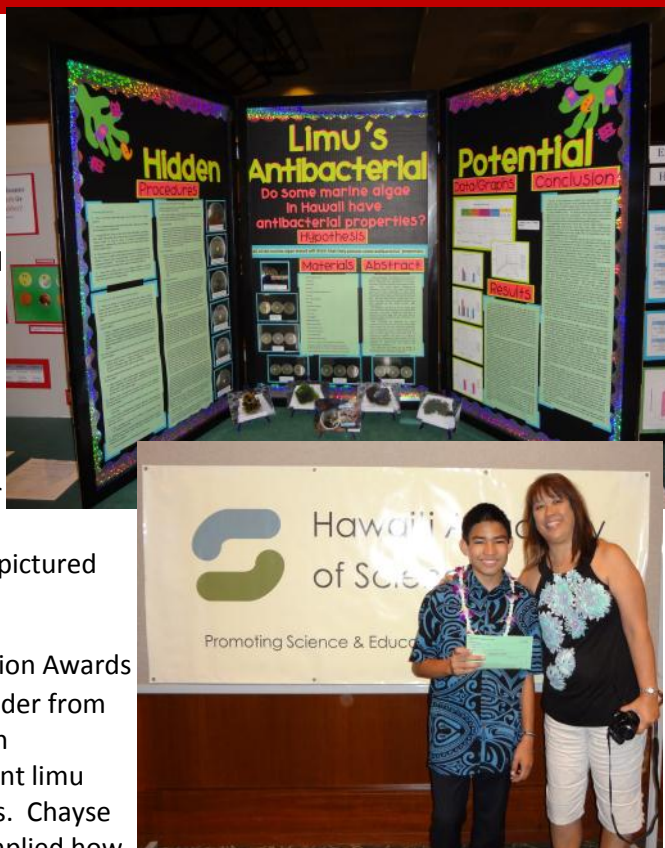
Chayse Tamaki won both the 1st and 2nd Junior Division Awards for the Cancer Research Award category. He is an eighth grader from Iao School on Maui and his project was titled, "Limu's Hidden Antibacterial Potential". He explained how he placed different limu (seaweed) in cultures to display their antibacterial properties. Chayse stated how limu was used for its medicinal properties and implied how it may help find a cure for cancer. He shared that his mom is a nurse and a cancer survivor and serves as his inspiration. When asked what he would like to be when he grew up, without hesitation, he said, "I want to do research, just like you." That was music to my ears! Chayse would like to be a doctor and a researcher, just like our PI, Dr. Clayton Chong. Introductions are in order!

Anna Winnicki was our 1st Place Winner in the Senior Division. She worked tirelessly in a laboratory to determine if cancer cells react to a chemotherapy agent, BAY-7085. Her project was titled, "Investigation of a Novel Drug to Prevent a Fatal Form of Cancer Peritoneal Carcinomatosis". Anna is a Punahou School sophomore and would like to be a doctor in the future.

The future nurses and dynamic duo comprised of **Brianna Martin** and **Kristyn Aubrey Fernando** (pictured with me to the bottom right)

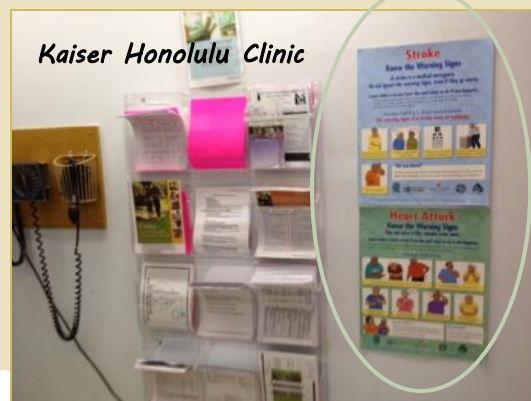
won 2nd Place for the Senior Division of the Cancer Research Awards. Their project, "Examining the Effects of Volcanic Heavy Metals with Respect to DNA Damage and Possible Cancer Progression in Type II Epithelial Cells" explored how vog impairs our health. These two seniors from Waipahu High School presented their work in a well organized and attractive poster.

There were over 700 science fair participants. I'm sure not all of them will be future cancer researchers, but there were some who showed great promise! Our best to all the participants and **congratulations to our winners!**



I Spy with My Eye...

When 'Imi Hale started in 2000, Hawaiian communities and community health care providers identified the lack of culturally relevant cancer and health education materials as a priority concern. With the help of thousands of community members and community outreach workers 'Imi Hale, together with the Pacific Diabetes Education Program have produced over 100 different education tools and products in the past 12 years. The biggest reward is seeing them in service. Here are some recent sightings!



'Imi Hale Bulletin Board

Upcoming Events:

June 15-17, 2012, Friday-Sunday—Aha Kane Conference, 5 am—5 pm, Windward Community College.

June 23, 2012, Saturday—Journey Together: Cancer Survivorship Conference, 9 am—3 pm at the Hilton Hawaiian Village.

October 4 & 5, 2012, Thursday & Friday—Ho'okele i ke Ola Cancer Patient Navigation Conference at the 'Ohana Honolulu Airport Hotel.

Looking for cancer education materials?

For access to downloadable materials, visit:
www.imihale.org

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