



# The Hawai'i and Los Angeles Cancer Research Study



USC

No.3

Newsletter for Participants

1999



**Y**ou probably know us by now! We are happy to present you with the third newsletter of our Cancer Research Study. Do you remember that it was three to five years ago that you completed our first questionnaire? As a valuable participant, you now belong to one of the largest and most ethnically diverse studies in the world. Only by including as many different people as possible, can we hope to identify those characteristics that place some persons at high risk for cancer. Every participant provides important clues to the cause and prevention of cancer.

## Read All About Us!

**I**t took approximately three years to mail and collect our questionnaires, and we are very excited about the progress we have made. We received over 200,000 questionnaires from residents of Hawai'i and California. All the questionnaires have been processed by an optical scanner and carefully edited. Missing information has been filled in after calling study participants.

### Need for Updated Information

**A**s mentioned in our last newsletter (Fall/Winter 1997), we are sending you a four-page follow-up questionnaire asking about recent illnesses, current use of vitamin and mineral supplements, and cooking methods. This information will assure us that we have the most up-to-date information about you. **Your continued participation is very valuable and we sincerely appreciate your help.**

## IN THE SPOTLIGHT:

### MEET DR. JEAN HANKIN



Jean Hankin, Dr.P.H., R.D.

**I**n this issue, we are featuring Dr. Jean Hankin, the project nutritionist. Dr. Hankin is renowned for her work on dietary assessment in multiethnic populations, a field in which she has done pioneering work. She received

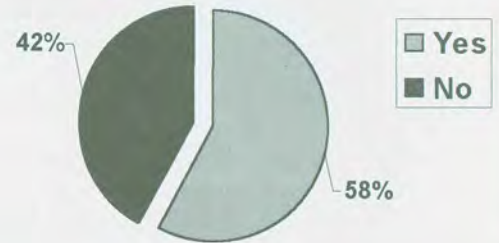
her doctorate in Public Health at the University of California, Berkeley, specializing in nutrition and epidemiology. Dr. Hankin was primarily responsible for developing the dietary survey you completed in this study. She also developed the extensive nutrient data base that will be used to analyze the results. Dr. Hankin is the author of more than 100 scientific papers and chapters in books, and her research is cited widely.

# PARTICIPANT PROFILE:

## Parent(s) or Sibling(s) Diagnosed with Cancer

Cancer is a common disease that strikes at any age, both sexes, and all ethnic groups. The figure below shows that 58% of participants had parents or siblings diagnosed with cancer.

### Parent(s)/Sibling(s) Diagnosed with Cancer

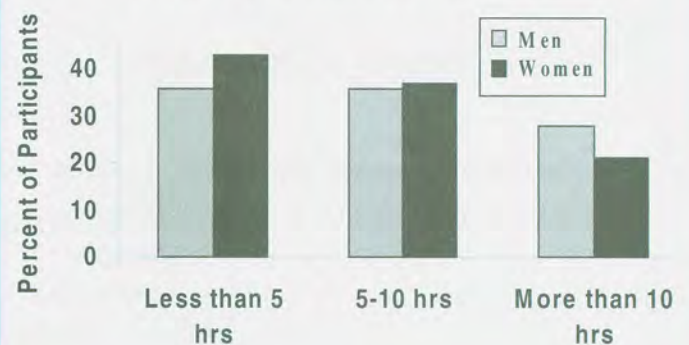


## Physical Activity

Physical activity reduces the risk of developing certain diseases and has been shown to increase attentiveness, raise energy levels, and improve sleeping. The majority of men and women in the study indicated they spend five hours a week or more in moderate to strenuous physical activity.

The graph below shows that 36% of men and 43% of women spend less than 5 hours per week in moderate to strenuous activities, and that 36% of men and 37% of women spend 5-10 hours per week. The rest spend more than 10 hours per week in moderate to strenuous activity.

### Physical Activity Moderate to Strenuous Exercise per Week

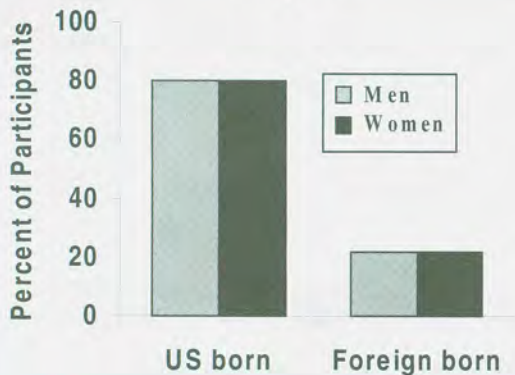


The following graphs are based on your responses in the Cancer Research Survey.

## Birthplace

The following graph shows the participants by birthplace. Eighty-percent of men and 80% of women were born in the U.S. Twenty-percent of men and 20% of women were born elsewhere.

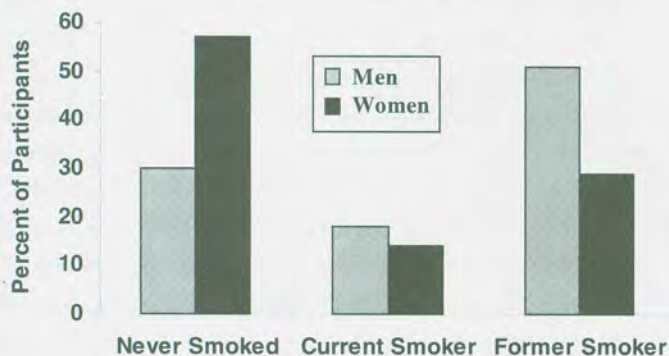
### Birthplace



## Cigarette Smoking

In the United States, studies show that the number of people who smoke has declined in the past 30 years. The figure below shows the distribution of cigarette smokers in the study. Approximately 30% of men and 57% of women never smoked, whereas 18% of men and 14% of women currently smoke. Fifty-one percent of men and 29% of women were former smokers.

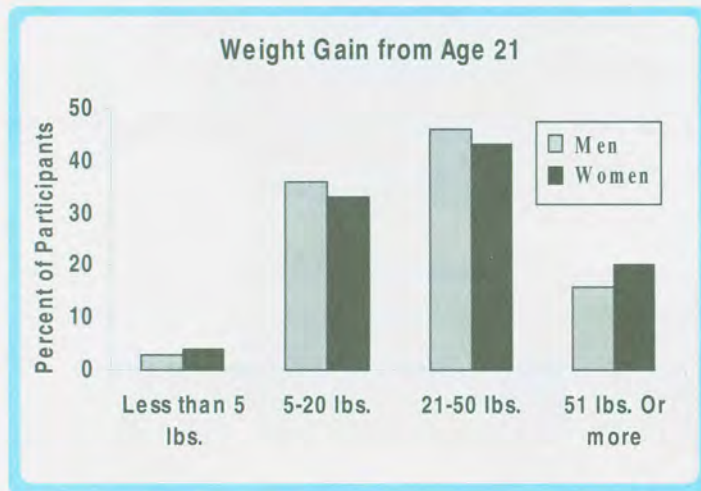
### Cigarette Smoking



## Weight Gain from Age 21

The following graph shows the distribution of study participants who had a weight gain from age 21 to their current age. Very few people gained less than five pounds since the age of 21. The largest proportion of participants gained 21 to 50 pounds.

Specifically, 3% of men and 4% of women gained less than five pounds since the age of 21. Thirty-six percent of men and 33% of women gained five to 20 pounds, while 46% of men and 43% of women gained 21 to 50 pounds. The rest gained more than 50 pounds.



## What is a Healthy Weight for You?

The chart gives the suggested weight for adults. The higher weights in each range generally apply to men who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone. If your weight is not healthy, set reasonable weight goals and try for long-term success through better habits of eating and exercise.

### SUGGESTED WEIGHTS FOR ADULTS

Height without shoes	Weight in pounds without clothes*	
	19-34 Years	35 Years and over
5'0"	97-128	108-138
5'2"	104-137	115-148
5'4"	111-146	122-157
5'6"	118-155	130-167
5'8"	125-164	138-178
5'10"	132-174	146-188
6'0"	140-184	155-199
6'2"	148-195	164-210
6'4"	156-205	173-222

Source: "Eating Right with the Dietary Guidelines," USDA, USDH, and FMI, 1992.

## RESEARCH NEWS

An early finding from our study is that a man with a family history of **prostate cancer** has an increased risk for the same disease. However, his risk is even greater if his brother had the cancer rather than his father.

### Substudies

Some of you were called by a public health nutritionist and asked to participate in three telephone interviews on what you ate the previous 24-hours. This information, on over 2,500 participants, will be used for additional dietary analysis.

Another substudy allows us to examine genetic factors related to cancer risk. Some of you are being contacted by a medical technician and asked to provide us with blood and urine specimen.

We are very pleased with the high response of our participants to these additional requests.



The Hawai'i and Los Angeles nutritionists with the Cancer Research Study conducted the telephone interviews for our dietary substudy. Hawai'i (above, left to right): Kapuanani Rothfus, MPH, RD, Debi Ishiyama, MPH, RD, and Sabrina Umphress, MPH, RD. Los Angeles (below, left to right): Gretchen Perea, MS, RD, Dawn Narvaez, RD, and Kerrie Merbach, RD.



## Future Plans

Over the next five years, we expect to conduct specific investigations, using all of the data we have collected, to better identify persons at high risk for lung, breast, prostate, colon, and other cancers. We will keep you informed of study results as they are published.

All participants play an important role in the Cancer Research Study, and we thank each one of you.

## MANY THANKS!

AS A STUDY PARTICIPANT, YOU HAVE:

- **invested in something positive for your future.**
- **expressed the spirit of caring.**
- **joined in the effort to control cancer.**
- **collaborated with scientists to conduct meaningful research.**
- **brought us closer to understanding the causes of cancer.**

## Spaghetti with Turkey Meat Sauce

1 lb ground turkey  
1 28-oz can tomatoes, chopped  
1 cup sweet green pepper, finely chopped  
1 cup onion, finely chopped  
2 cloves garlic, minced

1 tsp. dried oregano, crushed  
1 tsp. black pepper  
1 lb spaghetti  
Nonstick spray coating

- ❖ Spray a large skillet with nonstick spray coating. Preheat over high heat. Add turkey; cook stirring occasionally, for 5 minutes. Drain fat.
- ❖ Stir in tomatoes, green pepper, onion, garlic, oregano, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.
- ❖ Remove cover, simmer for 15 minutes more.
- ❖ Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

Nutrition Content Per Serving: 330 calories; 29 grams protein; 5 grams of fat; 42 grams of carbohydrate; 60 mg cholesterol; 2.7 grams dietary fiber; 280 mg sodium.

**If you are interested in receiving a recipe booklet or want more information on cancer, please call the Cancer Information Service at 1-800-422-6237.**

Source: Down Home Healthy Cookin': Recipes and Healthy Cooking Tips, March 1995

*Thank you for your continued support of this important study.  
We deeply appreciate your participation.*