

March 2023

E-newsletter



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Happy Spring!

We hope 2023 is going well for you and your loved ones. Last year, thousands of you joined the Cancer Prevention Study-3 (CPS-3) portal, which has been a great online tool for us to better engage with you, and has enabled several sub-studies, including the Health and Energy through Active Living Every Day (HEALED) physical activity intervention sub-study and the Gut & Oral Microbiome sub-study (GOMS).

In honor of Women's History Month, we recall the words of the late Jane C. Wright, MD, a cancer researcher who contributed significantly to how chemotherapy is administered: "When you're doing research in cancer, there is always this tremendous challenge: Nobody else has found the answer ... maybe I will." So, with this, we thank you for your time and support as we work toward our common vision of ending cancer as we know it, for everyone.

Study Updates

Portal



The CPS-3 portal was designed to enhance how we collect data, provide a meaningful experience for all participants, and deepen your engagement with CPS-3. We regularly update available content on the portal. Most recently, we revised the Study Activities page, which highlights all past and current portal surveys and activities. Log on to your account at cps3.questionpro.com to learn more about how the portal is used to advance our research goals.

It's not too late to join the 67,000+ participants who have already registered for the portal. Visit our [website](#) to learn more about the portal and how to join.

Accelerometry



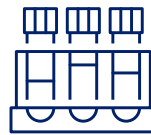
Over 19,000 CPS-3 participants have registered for the [Accelerometry sub-study](#), providing valuable data to help us better understand how physical activity and sedentary behavior affect cancer risk. We anticipate reaching our goal of 20,000 participants this year and will send out the final round of invitations to take part in June.

HEALED



We are officially halfway through the Health and Energy through Active Living Every Day (HEALED) physical activity intervention sub-study. So far, HEALED participants have completed two data collection points, which have included wearing an activity monitor and completing surveys. The HEALED team is working hard to wrap up the third data collection point now and plans for the final data collection to take place in July. The goal of the sub-study is to learn how to help cancer survivors improve their physical and mental health through active living.

Gut & Oral Microbiome Sub-study



In 2022, nearly 3,000 CPS-3 participants took part in the [Gut & Oral Microbiome sub-study](#) by collecting a stool and saliva sample and completing an online questionnaire. To reach our goal of 10,000 samples by the end of 2023, we will send invitations to participants enrolled in the portal throughout the year. These samples will allow us to study how the bacteria that live in the mouth and gut may be related to cancer risk.

Meet Our Staff

The American Cancer Society is pleased to welcome three new staff scientists to our Population Science group. Lauren McCullough, Charlie Zhong, and Clara Bodelon have already begun exploring projects aimed at furthering our understanding and identifying discoveries in cancer research.



Lauren McCullough, PhD, MSPH

Lauren McCullough earned her PhD at the University of North Carolina at Chapel Hill. She joined the American Cancer Society in 2022 while simultaneously serving as an associate professor of epidemiology at Emory University. McCullough's overarching research interest is in narrowing the gap of cancer disparities, specifically among Black women. She will be taking an important role in growing and diversifying our cohort studies and leading various efforts related to breast cancer and cancer outcomes.

"My goal at the American Cancer Society is to expand the research in marginalized populations, with the goal of improving cancer health equity. In parallel, I hope to train and support future investigators who have been historically underrepresented in the sciences."



Charlie Zhong, PhD, MPH

Charlie Zhong completed his graduate training in epidemiology from the University of Southern California before joining the American Cancer Society in 2022. His prior research focused on environmental epidemiology, and in particular how air pollution is associated with leukemias and lymphomas. He also examined how artificial light at night affected sleep. Zhong will continue to use his background in spatial datasets, mapping, and environment exposure risk assessment to further study how sleep affects health, cancer risk, and survivorship in CPS-3.

“Poor sleep is becoming a bigger problem each year, and beyond just feeling tired, we are starting to discover how harmful it is to our health. My goal is to better understand the link between poor sleep and cancer and what we can do to improve sleep to prevent these negative outcomes.”



Clara Bodelon, PhD, MPH

Clara Bodelon obtained her PhD in mathematics from Boston University and her Master of Public Health degree in epidemiology from the University of Washington. Before joining the American Cancer Society earlier this year, she was a staff scientist at the National Cancer Institute Division of Cancer Epidemiology and Genetics. Bodelon’s research will use the breast cancer tumor tissue provided by participants to better understand genetic and molecular tumor traits that affect cancer outcomes, and she will guide the effort to enhance our research on cancer survivorship in CPS-3.

“My research goal at the American Cancer Society is to integrate molecular, clinical, genetic, and patient-related factors in order to identify patients with risk of poor outcome so that they can receive the earliest possible appropriate care. My hope is that this will lead to improved disease prevention and health outcomes in cancer survivors, especially in medically vulnerable populations.”

Fast-food Consumption and Weight Change in CPS-3

Americans eat an average of one to two fast-food and full-service restaurant meals each week – meals that are often higher in calories, fat, sodium, cholesterol, and added sugars compared to those prepared at home. In a recent study led by Becky Hodge, MSPH, we used data from 98,589 CPS-3 participants who completed both the



2015 and 2018 follow-up surveys to examine whether the consumption of fast-food and full-service meals was associated with weight change over a three-year period.

Participants who did not change how often they ate fast food gained weight over the three-year period, with more frequent fast-food consumption being associated with greater weight gain. The same was true for full-service restaurant consumption: The more often people ate full-service meals, the more weight they gained.

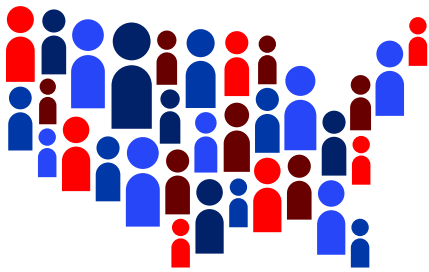
Participants who dropped their fast-food consumption from twice a week or more to only once every other week, lost an average of 3 pounds in the three-year period. Even slightly reducing fast-food consumption from twice a week to once a week resulted in an average weight loss of 0.8 pounds. However, cutting back on full-service restaurant meals did not have the same effect:

Only participants who reduced the number of full-service restaurant meals from once a week or more to less than once a month, lost weight.

Overall, these results are encouraging because they suggest that cutting back, even a little, on fast-food could help prevent weight gain. Additionally, eating at full-service restaurants less often can help prevent gaining larger amounts of weight.

Other takeaways:

- When eating at fast-food restaurants, consider choosing lower calorie menu items. Participants who were conscious of calories when choosing meals at fast-food restaurants gained less weight than those who didn't. However, being calorie conscious wasn't associated with weight loss. Only participants who cut back on how often they ate fast-food lost weight during the study period. Consider eating at home more.
- Cutting back on both fast-food and full-service restaurant meals was associated with greater weight loss than reducing either fast-food or full service consumption alone.



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**.