March 3rd, 2023
Holden Leung, CEO
Gemma Kim, Program Manager
Asian Diet and Cancer Project photo slide show video

https://youtu.be/ESYKWvJzYqY
Background/Introduction

Food is an integral part of many Asian immigrant cultures and daily experiences, yet there are many myths around diet and cancer in these communities. Asian Diet & Cancer (ADC) Project, a pilot program for the Cantonese-speaking community, was developed based on the needs expressed by our clients who are residing in the Tri-County area. This project built on previously successful Tier grants that delivered culturally and linguistically appropriate cancer resources, education materials, and support services available to the Asian community in Oregon. AHSC’s Asian Diet & Cancer nutrition and cooking demonstration classes provided comprehensive nutrition education to engage and empower the Asian communities in Oregon.
Objectives

- **Objective 1** 30 cancer patients and caregivers will participate in 3 culturally specific, cancer-related cooking demonstration/nutrition education events; video recordings will be posted to YouTube as a resource.

- **Objective 2** 80% of participants will demonstrate an increase in knowledge of nutrition and cancer after each event.

- **Objective 3** 50% of participants will utilize another AHSC or ACRSS activity.

- **Objective 4** 12-15 cancer patients or caregivers will participate in a Nutrition and Cancer Focus Group to provide feedback on acceptability and future program planning.
Methods

**Target Population:** Cantonese-speaking cancer patients, survivors, caregivers; residents of the Tri-county area; ACRSS enrolled clients and others who are not enrolled

**Overview of the design and activities of the project:**

- Conduct 3 cancer-related cooking demonstrations and education events for 10-12 participants
- Develop and distribute surveys to measure knowledge of nutrition and cancer for each class
- Record classes as educational materials to post on YouTube
- Record program services outside of ADC utilized by attendees
- Host 1 focus group in Cantonese and collect surveys for feedback
RESULTS
Objective 1

37 cancer patients and caregivers participated in 3 in-person, culturally specific, cancer-related cooking demonstrations. Video recordings were posted to YouTube as a resource. 37 class participants were unduplicated number of class participants for both in-person and virtual classes.

<table>
<thead>
<tr>
<th>Date</th>
<th>Contents</th>
<th>In person Attendance</th>
<th>Zoom Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>4/7/22 Nutrition before cancer treatment</td>
<td>11</td>
<td>3</td>
</tr>
<tr>
<td>Class 2</td>
<td>4/21/22 Nutrition during cancer treatment</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>Class 3</td>
<td>5/5/22 Nutrition after cancer treatment</td>
<td>15</td>
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<table>
<thead>
<tr>
<th>Cancer Patients</th>
<th>Caregivers</th>
<th>Unidentified</th>
</tr>
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<tbody>
<tr>
<td>12</td>
<td>23</td>
<td>2</td>
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</tbody>
</table>
Participate Data

Gender
- Male: 51%
- Female: 49%

Age
- 40+: 27%
- 50+: 8%
- 60+: 6%
- 70+: 8%
- 80+: 8%

County
- Multnomah: 63%
- Washington: 25%
- Clackamas: 7%
- Other: 5%
Objective 2

89% of participants demonstrated an increase in knowledge of nutrition and cancer: fact vs. myth after each cooking demonstration/nutrition education event.
Objective 3

73% of class participants received one or more services from AHSC or ACRSS

• The contents of the services were information and referral; case management; providing wellness checks; peer support; food bag and care package delivery; and distributing “transportation hop cards” and fans.

• Participants shared that they have been using information and recipes from The Cancer Nutrition Handbook

• Participants expressed interest in joining a support group: 9 participants joined the 1st meeting on 7/26/2022; and future monthly support group was scheduled
Objective 4

14 cancer patients and caregivers participated in a Nutrition and Cancer Focus Group to provide feedback on acceptability and for future program planning. The focus groups were held in-person and virtually on 5/05/22 in Cantonese and Mandarin Chinese.

Narrative feedback from participants:

- Learned how to cook and the different types of foods that are good and bad for cancer treatment
- Developing more awareness and better understanding on the difference between types of food cancer patients should have pre-treatment, during treatment, and post-treatment
- Thank you so much to the center for making me aware of the importance of food in the treatment of cancer
Objective 4

Recommendations from participants:

• More effective to have all three categories (before, during, and after cancer treatment) offered in each class

• Only once is not enough, hope that these events will continue and have more dishes to cook

• Include handouts on how to make other recipes or information on nutritious ingredients you can buy and where you can buy from
ADC Feedback/Satisfaction

ADC Cooking Class Feedback/Satisfaction Survey

Average Input Score

Class 1: 4.8
Class 2: 4.7
Class 3: 4.7
Challenges

• Limited research, resources, time, and money to develop a community-based program; finding appropriate bilingual human resources for the project

• Class participants preferred to have hands-on cooking classes

• COVID-19 pandemic limits cancer patients and caregivers who were receiving cancer treatment and preferred to attend virtual classes

• Using a non-traditional platform was not easy for older adults; hybrid programming (Zoom and in-person) was not easy to navigate
Conclusion

The pilot program was appreciated by our Cantonese-speaking cancer patients and caregivers. The results demonstrated that ADC nutrition classes were well received and approved as an effective way to deliver nutrition education. It also encouraged participants to utilize more AHSC resources. AHSC wishes to continue to expand the project to support our Mandarin, Korean, and Vietnamese-speaking cancer patients and caregivers through more funding.
Asian Diet & Cancer Project
Asian Health & Service Center
Gemma Kim, Asian Cancer Resource & Support Service (ACRSS), Tier 2

Background/Introduction

Food is an integral part of many Asian immigrant cultures and daily experience, yet there are many myths around diet and cancer in the communities. Asian Diet & Cancer (ADC) project, a pilot program for Cambodian speaking community, was developed based on the needs expressed by our clients who are residing in the area. This project built on previous successful tiers that delivered culturally and linguistically appropriate cancer resources, education materials, and support services available to the Asian community in Oregon. ADC Project Asian Diet & Cancer nutrition and cooking demonstration classes provided comprehensive nutrition.

Objectives

Objective 1
30 cancer patients and caregivers will participate in 8 culturally specific, cancer-related cooking demonstrations; video recordings will be posted to YouTube as a resource.

Objective 2
80% of participants will demonstrate an increase in knowledge of nutrition and cancer risk after intervention.

Objective 3
50% of participants will utilize other ACRSS or ACRSS activities.

Objective 4
135 cancer patients or caregivers will participate in a Nutrition and Cancer Focus Group to provide feedback on feasibility and future program planning.

Methods

Target Population: Southeast Asian speaking cancer patients, survivors, caregivers, residents of three counties, ACRSS sent mailed invitations to others who are not enrolled.

Overview of the design and activities of the project:
- Conduct 1 cancer-related cooking demonstration and education events for 10-15 participants.
- Post videos to YouTube.
- Develop and distribute surveys to measure knowledge of nutrition and cancer.

Results

Objective 1: 35 cancer patients and caregivers participated in 8 in-person culturally specific, cancer-related cooking demonstration; video recordings were posted to YouTube as a resource. 37% of participants out of 25 people attended both I-person and virtual classes.

Objective 2: 85% of participants demonstrated an increase in knowledge of nutrition and cancer. See chart below after each cooking demonstration.

Objective 3: 75% of class participants received one or more service from ACRSS or UCRSS.

Objective 4: 14 cancer patients and caregivers participated in a Nutrition and Cancer Focus Group to provide feedback on feasibility and future program planning. The focus groups were conducted on 5/29-6/2 at Cambodian and Mandarin Chinese in-person and virtual meetings.

Examples of narrative feedback:
- I learned to cook and the different types of foods that are good and bad for cancer treatment.
- I have little knowledge about nutrition before this class. This is my first cooking class with people who have cancer.

Examples of constructive feedback:
- More effective in how the content is delivered during and after cancer treatment offered in each class.
- Only once or twice, hope that more events continue and there are more classes to take.

Challenges and Lessons Learned

- Lack of resources, money, time, and money to develop community-based program.
- Findings appropriate bilingual human resources for the project.
- Class participants learned to cook at home and office meetings.
- COVID-19 pandemic limited cancer patients and caregivers who were receiving cancer treatment, preferred to attend virtual classes.
- Using more traditional platform was not easy for older adults; hybrid programming (in-person) was not easy to implement.
- To improve the quality of the nutrition program, we need to plan in-person, virtual class use evidence-based evaluation tools and eliminate some of the barriers to focus better on the education materials.

Conclusion

The pilot program was supported by our Cambodian speaking cancer patients and caregivers. The results demonstrated that ADC nutrition classes were well received and approved as an effective way to deliver nutrition education. It also encouraged participants to utilize more ACRSS resources. ACRSS wish to continue to expand the program to support Mandarin, Russian, and Vietnamese speaking cancer patients and caregivers through more funding.

Acknowledgements

Funded by CHS Knight Cancer Institute Community Partnership Program. Special thanks to Hau Le, P.C.; Audra Chinh for the ACRSS planning committee, members, Hau Le, Stephanie, House Fang, and Thao Le, Portland Chinese Times, program staff, volunteers, cancer patients and caregivers who participated in this project.
Acknowledgements

Funded by OHSU Knight Cancer Institute Community Partnership Program.

Special thanks to

Holden Leung, CEO
Asako Chihaya, certified nutritionist
Planning committee members, Vivian Leung, Stephanie Kwong, Joyce Fang, and Edith Lee
Portland Chinese Times
Program staff, volunteers, cancer patients and caregivers
who participated in this project
Thank you

For more information about ACRSS or ADC project, please visit our website

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