

Background

Hispanic breast and gynecological cancer survivors (BGCS) are more likely than Non-Hispanic White BGCS to have overweight/obesity.

- Obesity increases recurrence risk for many cancers.
- Weight management is a complex interaction of environmental, societal and policy-related factors.
- These factors also contribute to disparities in cancer recurrence risk, quality of life and comorbidities.

The current study leverages the successful efforts of the Moving Forward (MF) weight loss trial with African American Breast Cancer Survivors and seeks to adapt MF for HBGCS.

Methods

Intervention adaptation was done in an iterative process with continuous engagement of BGCS and a Community Advisory Board (CAB).

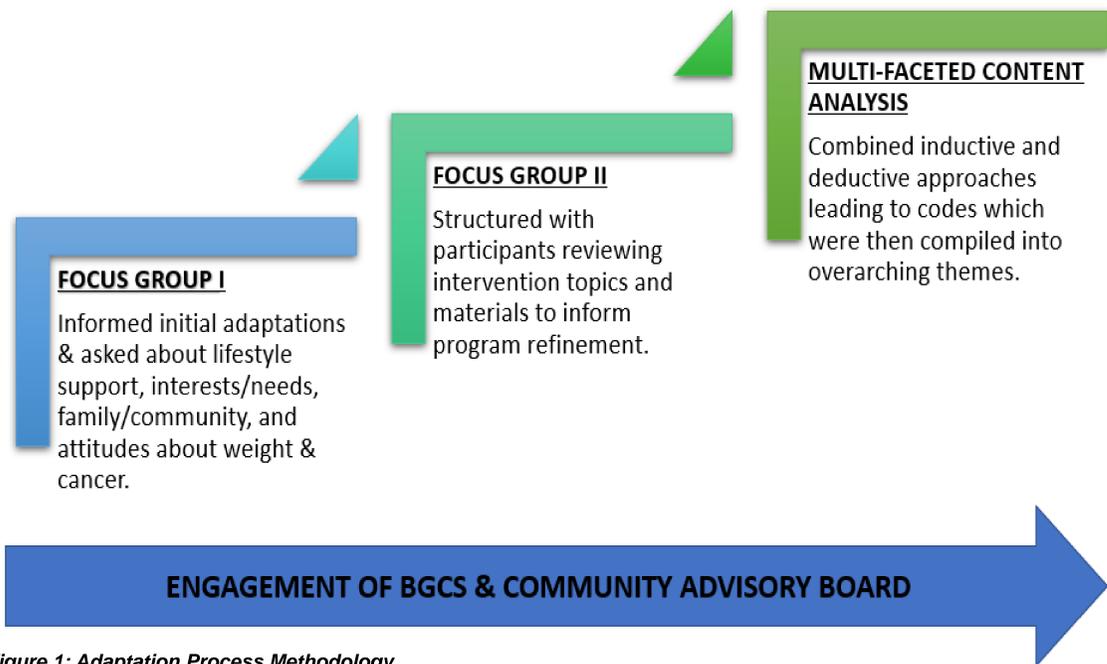


Figure 1: Adaptation Process Methodology

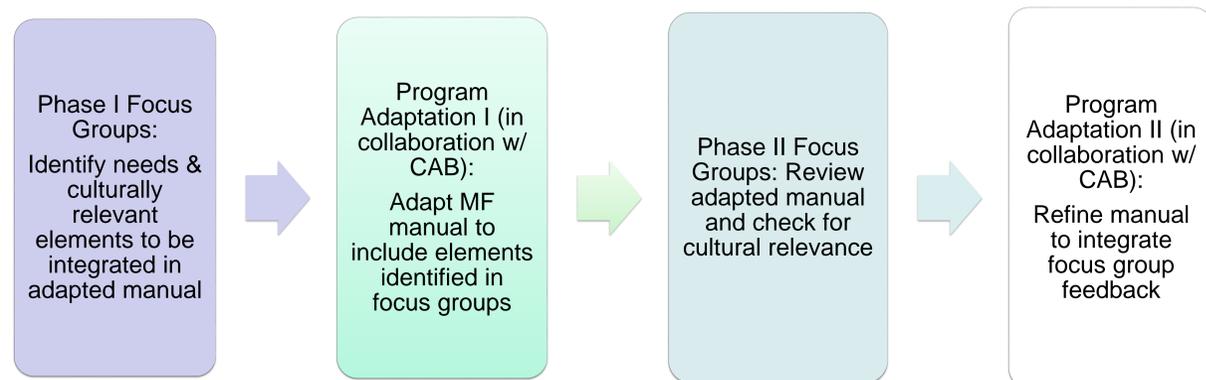


Figure 2: Adaptation Process Timeline

Results

Phase I Data Collection: 30 HBGCS

- 4 focus groups
 - 1 Spanish
 - 3 English
- 16 individual interviews*
 - 12 Spanish
 - 4 English

* more accessible to predominately Spanish-speaking women

Phase II Data Collection: 24 HBGCS

- 5 focus groups
 - 2 Spanish
 - 1 English
- 8 individual interviews*
 - 3 Spanish
 - 5 English

*interview rates decreased among predominately Spanish-speaking women as trust-building practices increased

Cross Cutting Themes and Categories Across Experience

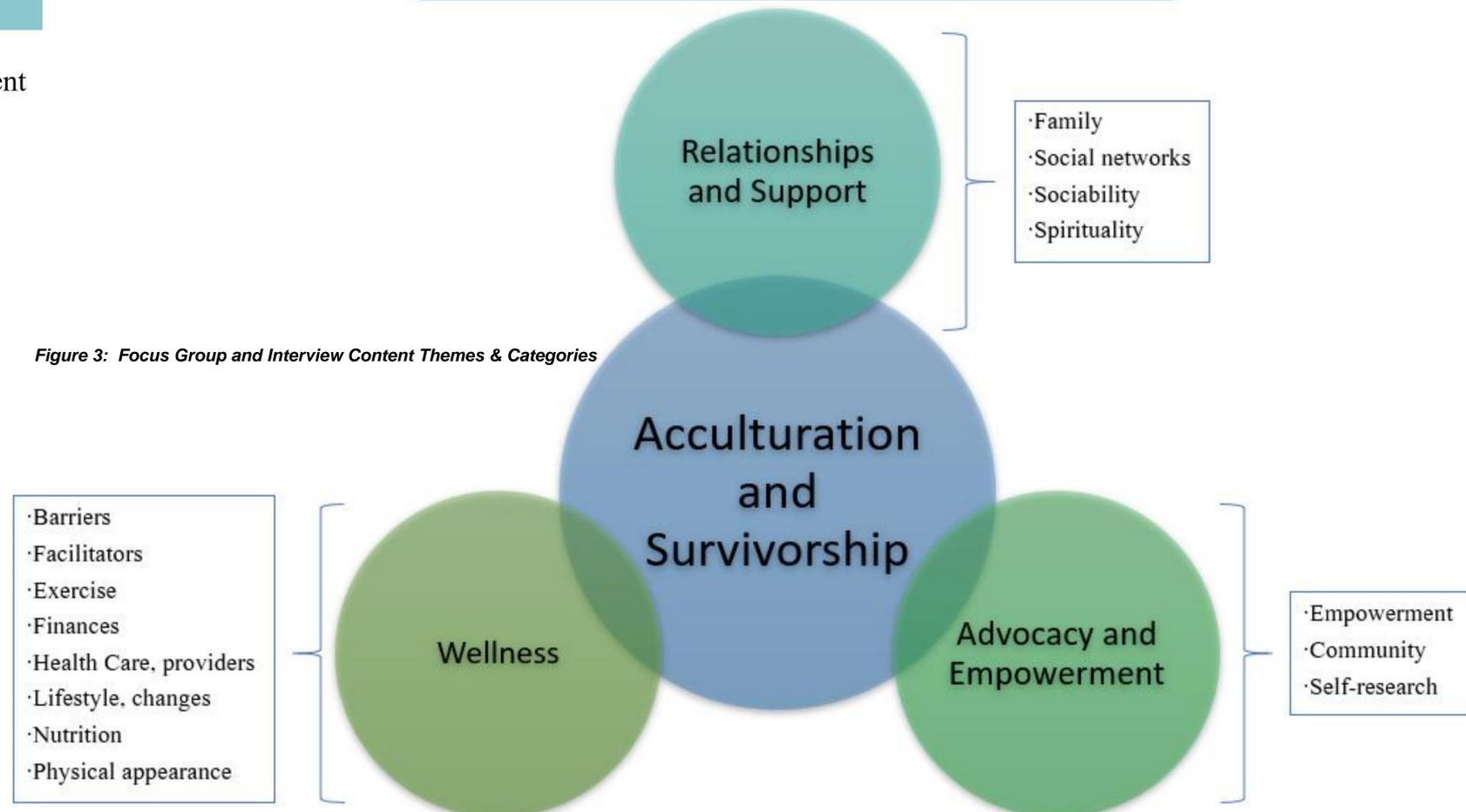


Figure 3: Focus Group and Interview Content Themes & Categories

Key Findings & Next Steps

- Participants with **lower acculturation** were more reliant on family, more likely to identify barriers over facilitators, and heavily relied on community advocacy as a source of empowerment.
- Those **more acculturated** to the US host culture were more independent and autonomous, placed greater emphasis on physical appearance concerns, and were more likely to incorporate self-research in provider-patient conversations.
- **Next steps** are to pilot the adapted Avanzando Juntas quality of life and weight loss program.
 - Primary outcomes will include weight, metabolic syndrome risk factors and cancer recurrence biomarkers.
 - Secondary outcomes will include quality of life measures, fear of cancer recurrence and self-efficacy.
 - Exploratory aims will assess the relationship between level of acculturation and self-advocacy in Hispanic cancer survivors.