BACKGROUND

- Accurate developmentally appropriate information for adolescent girls specific to breast cancer risk and prevention health education.
- Latina adolescents and young adults encounter unique cultural and linguistic barriers to health information and cancer prevention services.
- Latinos represent the fastest growing ethnic demographic group in Marin County, California and the United States.
- The prevalence of breast cancer among young Latinos appears to be increasing; therefore it is important to consider early breast cancer interventions that are culturally relevant within this population.
- Zero Breast Cancer Inc. will conduct cultures from the University of California, San Francisco, SFJCF have engaged Latino adolescents in adapting the Breast Cancer/Environment – teen brochure/Tool Kit.

OBJECTIVES

- To culturally adapt and translate into Spanish three components of the Breast Cancer and Environment – teen brochure/Tool Kit (2005) for Marin County Latinas, adolescents and young adults.
- To disseminate the adapted, translated materials to high school health education and community organizations.

METHODS

- ZBC and UCSC engaged the Hispanic Youth Wellness Collaboration in the project's planning and development.
- Two focus groups were conducted with Latina adolescents led by a bilingual health educator.
- The goal of the first focus group was to determine cultural, social and familial factors in the prevention of early detection interventions. The goal of the second focus group was to validate the adapted/translated materials.
- Participants were offered and potential consent were obtained using bilingual recruitment.
- Focus groups provided Latinas' needs and preferences related to breast cancer adaptation.
- A standard qualitative approach was utilized interview focus group data.
- Focus group components were adapted to produce an education brochure for Latinas adolescents.
- The Breast Cancer and Environment (BC&E) project was conducted by the Latinas' and the breast cancer/Environment – teen brochure/Tool Kit.

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WORK PERFORMED

The Tool Kit was adapted by project staff and advisor into a bilingual brochure with nine message categories. Each category presents bulleted statements for ease of reading in English and Spanish. The brochure includes a Community Resource section with Marin County/Bay Area clinics serving Latinas, and web sites including the National Cancer Institute of Environmental Health Sciences and the Breast Cancer and Environment Research Centers. The new brochure is titled “Breast Cancer Tips for Latina Teens, Young Women and Families.”

Adapted Message Objectives

- Promote awareness of breast development and available breast cancer risk factors.
- Emphasize relationships between healthy living habits and breast cancer risk reduction.
- Viewpoint concept of environmental awareness and approaches to Breast Cancer and Environment – Tool Kit.
- Communicate prevention role of early detection, exams and screening.
- Encourage discussion of family history of breast cancer within families and parents and health providers.
- Promote access to Latina oriented resources, health information and clinical services.
- Anticipate that Latinas' adolescents will share information with peers and family members.

- Academic Content: California Health Education Standards and National Health Education Standards.

Spanish Language Translation

- The translation was approved by the diversity of the local Hispanic population in mind.
- The translation involved the use of a professional social worker (translators) and the use of several focus groups for “test run and feedback.”
- The translation was reviewed using an iterative process with Latinas adolescents prior to final production.

- The Tool Kit Personal Action Plan was adapted and translated into a dual-sided English/Spanish format.
- The goal of the Revised Action Plan for Latina adolescent to connect to behavioral change.
- The Personal Action Plan may be used for classroom instruction and qualitative program evaluation.

RESULTS & DISCUSSION

- The new brochure, Breast Cancer Tips for Latina Teens, Young Women and Families integrates culturally grounded terminology and graphics to convey breast cancer educational messages and information for Latina adolescents.
- The brochure encourages Latinas adolescents and families to discuss breast cancer risk and protective factors and preventive health information.
- The brochure is being circulated to high schools and community programs serving Latinas adolescents and women.
- Many successful university-community collaborations have been initiated based on the premise of working together to determine the safety and effectiveness of targeted intervention programs with underrepresented ethnic minority groups.
- The work of Zero Breast Cancer and their advisors at the University of California San Francisco integrates culturally grounded terminology and provides a model for translating and disseminating culturally appropriate health information programs to underrepresented groups.

FUNDING

- The work of Zero Breast Cancer and their advisors at the University of California San Francisco, along with the Novato Youth Wellness Collaborative represents a community outreach program that will lead to effective health messages and prevention strategies with Latina adolescents.

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www.zerobreastcancer.org