

## Evidence-Based Cancer Control Programs (EBCCP) Connection

December 2024

### Thank You!

As we come to the end of 2024, the Evidence-Based Cancer Control Programs (EBCCP) team would like to wish you a wonderful holiday season and a happy new year!

The EBCCP [website](#) has a lot to celebrate as we reflect on the year: posting of six new programs, connecting with numerous community and external partners, hitting a record number of website users, and growing our newsletter community by more than double.

The EBCCP team thanks our website users and program developers for being a part of our network, and we hope to offer new opportunities for our EBCCP newsletter subscribers in 2025.

Take a peek at the programs we posted in 2024 below and consider implementing one in your setting in 2025. For our investigators, we ask that you share your new programs with us in 2025, so that we can grow our cancer control and prevention database.

Enjoy your holiday season, and thank you for a great year from National Cancer Institute's (NCI) EBCCP team. (Learn more about the team below.)

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## New Programs in 2024

[Communication and Education in Tumor Profiling \(COMET\)](#) was designed to increase understanding of tumor genetic testing among patients with advanced cancer. This intervention is a genetic education program consisting of six written modules and five optional videos. The study reviewed for EBCCP showed increases in patients' genetic knowledge.

[INfant Feeding, Activity and NutriTion \(INFANT\)](#) was designed to help parents and caregivers increase healthy eating and reduce screen time for infants from birth to 18 months of age. This intervention provides group sessions, materials, and a mobile app. The study showed that infants had higher diet quality (e.g., more fruit and vegetable consumption) and watched less television at the conclusion of the program and had lower sweet snack consumption 2 years and 3.5 years after the program.

[Texas Sprouts](#) was designed to help low-income Hispanic students in third through fifth grades increase healthy eating habits. This intervention provides an outdoor garden at school, and student and parent lessons in gardening, nutrition, and cooking. The study reviewed for EBCCP showed increases in consumption of vegetables and unprocessed food and decreases in consumption of ultra-processed foods.

[Multilevel Follow-up of Cancer Screening \(mFOCUS\)](#) was designed to help individuals improve timely follow-up (within 120 days) for overdue abnormal screening results for breast, cervical, colorectal, and lung cancers. This program provides patient and provider reminders in a patient portal, outreach messages and calls to patients, and patient navigation. The study reviewed for EBCCP showed improved completion of recommended follow-up.

[Enhance<sup>®</sup>Fitness](#) was designed to help older adults increase physical activity. This community-based program provides three weekly, 1-hour classes over a 16-week period. The study reviewed for EBCCP showed improved arm strength, leg strength, and endurance.

[Genetic Risk Assessment for Cancer Education and Empowerment \(GRACE\)](#) was designed to increase uptake of cancer genetic risk assessment (CGRA) among high-risk breast cancer or ovarian cancer survivors. This multi-component intervention provides tailored patient navigation in the form of an educational brochure, visual aid, phone-based counseling, letter, action plan reminder card, follow-up call, and a letter for the patient's health care provider. The study reviewed for EBCCP showed higher uptake of CGRA.

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## Submit Your Program for Inclusion in 2025

The EBCCP website is on track to post three new programs at the beginning of 2025, and we would like to add more programs to the site. To help accomplish this goal, please consider submitting your program for inclusion. You can review the eligibility criteria [here](#).

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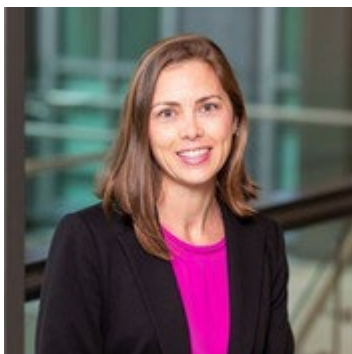
## NCI EBCCP Team



**Cynthia A. Vinson, PhD, MPA**

Senior Advisor for Implementation Science

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**Aubrey Van Kirk Villalobos, DrPH, MEd**

Health Scientist

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**Jennifer Chang Damonte, MA**

Program Analyst

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