Appendix I

Examples of Evidence-Based Strategies/Interventions
Help Prevent Cancer!

1. Disseminate information to the public on the importance of adopting a healthy lifestyle


- Sunny Days Healthy Ways-Middle School (Grades 6-8). Available online at: http://rtips.cancer.gov/rtips/rtips_details.do?programid=85&topicid=3&co=N&cg

- Pool Cool. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=288737&topicId=102269&cgId=

- Aerobic Exercise versus Spinal Flexibility + Aerobic Exercise for Sedentary and Functionally Limited Adults. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=158594

- ALIVE! Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=557543


- Patient-centered Assessment and Counseling for Exercise (PACE). Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=199774
Goal: Reduce Cancer Incidence Rates in Michigan

- Physically Active for Life (PAL). Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=197996
- Planet Health. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=215102
- Sun Protection for Florida’s Children. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=1426325
- The E.P.A. SunWise Program. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=750343

2. Promote provider education in tobacco use assessment and treatment


Help Promote Early Detection of Cancer!

3. Educate the public on the importance of timely screening for breast, cervical and colorectal cancer

- Friend to Friend. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=150991
- Breast Health Education among Hispanic Elderly Women. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=312766
- Cambodian Women’s Health Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=193111
- Filipino-American Health Study. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=1515452
- Mammography Promotion and Facilitated Appointments Through Community-based Influenza Clinics. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=305499
- The Robeson County Outreach Screening and Education (ROSE) Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=312185
- The Vietnamese Women’s Health Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=1427816
- Woman to Woman. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=282969
4. **Address barriers to screening in underserved populations**

- Cambodian Women’s Health Project. Available online at: [http://rtips.cancer.gov/rtips/programDetails.do?programId=193111](http://rtips.cancer.gov/rtips/programDetails.do?programId=193111)
- The Robeson County Outreach Screening and Education (ROSE) Project. Available online at: [http://rtips.cancer.gov/rtips/programDetails.do?programId=312185](http://rtips.cancer.gov/rtips/programDetails.do?programId=312185)

5. **Encourage use of reminder systems to ensure compliance to screening**

Support Cancer Related Policy/System Change!

6. Support partnerships for local policy changes which endorse the adoption of health lifestyle


- Sun Safe. Available online at: http://rtips.cancer.gov/rtips/rtips_details.do?programid=30&amp;topicid=3&amp;co=N&amp;cg

7. Implement changes within your own organization to support employees’ healthy behaviors

- ALIVE! Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=557543.

8. Monitor the effectiveness of your policy/system change interventions


- Sun Safe. Available online at: http://rtips.cancer.gov/rtips/rtips_details.do?programid=30&amp;topicid=3&amp;co=N&amp;cg
Contribute to Equity in Health Care!

9. Promote equitable distribution of resources and services that address disparities to achieve health equity
   - Breast Health Education among Hispanic Elderly Women. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=312766
   - Cambodian Women’s Health Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=193111
   - Filipino-American Health Study. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=1515452
   - The Robeson County Outreach Screening and Education (ROSE) Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=312185

10. Support/implement interventions with focus on minority/special populations
   - Friend to Friend. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=150991
   - Breast Health Education among Hispanic Elderly Women. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=312766
Goal: Reduce Disparities in Cancer Outcomes among Michigan populations

Cambodian Women’s Health Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=193111

Filipino-American Health Study. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=1515452

Targeting Cancer in Blacks (TCiB). Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=310347

The Robeson County Outreach Screening and Education (ROSE) Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=312185

The Vietnamese Women’s Health Project. Available online at: http://rtips.cancer.gov/rtips/programDetails.do?programId=1427816