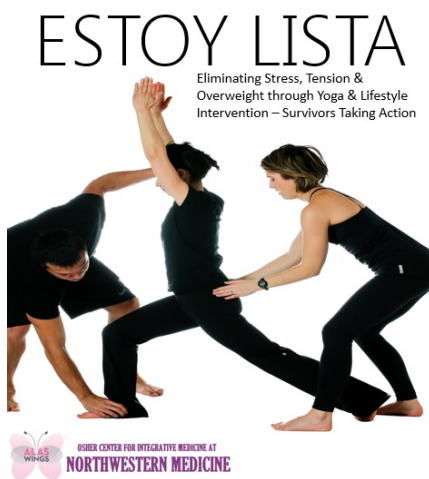


5th Annual ARCC Community-Engaged Research Partnership Award Recipient: *Reducing Cancer Health Disparities Among Chicago-area Latinos/as*

The [Alliance for Research in Chicagoland Communities](#) (ARCC), a community engaged research program of the [Center for Community Health](#) serving the Northwestern University's [Institute for Public Health and Medicine](#) and [Clinical and Translational Sciences Institute](#), developed the [Community Engaged Research Partnership Award](#) to recognize research partnerships that exemplify strong collaborative community research principles and have made an impact on the health of their community.



The 2016 award acknowledges the efforts of the **Reducing Cancer Health Disparities Among Chicago-area Latinos/as**, the exemplary partnership between Judy Guitelman and her team at ALAS-WINGS and David Victorson and his team at Northwestern University.

The partnership began four years ago through a pilot project within a National Institutes of Health (NIH)-funded grant which sought to identify unmet support needs of limited English speaking Latinas with breast cancer and determine whether mobile health (mHealth) solutions existed to meet these needs.

Their partnership expanded through a joint community-engaged research submission to NIH to develop and pilot test a new mHealth support tool called “**MAESTRA**”, which enables one-to-one peer support between Spanish-speaking women

recently diagnosed with breast cancer (mentees) and matched breast cancer survivor peers (mentors).

Through these projects and other collaborations, the partners learned of their mutual work and interests in yoga therapy, and co-wrote a proposal to Northwestern's Osher Center for Integrative Medicine and Robert H. Lurie Comprehensive Cancer Center for pilot funding to evaluate ALAS-WING's yoga support program with breast cancer survivors and their support providers. This grant, ESTOY LISTA, was funded, to examine the biopsychosocial impact of a Spanish language community yoga intervention for Hispanic cancer survivors and their care providers.



The program has been well received by participants: *“When I first started the yoga course, it was very difficult to walk and to flex by body. At the end of this journey, I am already feeling better. I can sleep better and do exercises that I could not do before now.”* *“I feel that I have more motivation. Before, it was difficult for me to take 5 minutes to do something for myself because I always had to something to do at home or at work. These past weeks have forced me to take the time for myself and I feel more comfortable, with more motivation and more content.”*

In making their decision, reviewers cited the partnership's *“clear evidence of a long-standing partnership aimed at addressing community needs and health disparity.”* And called the partnership *“an exemplary model of community engaged research principles in practice.”*



Further information about the partnership and award can be found at www.ARCCOnline.net