

# Program for Multicultural Health

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If you would like additional information, or to have your name removed from our mailing list please contact us by telephone at (734) 615-1404 or by e-mail at [pmch@med.umich.edu](mailto:pmch@med.umich.edu)

The Program for Multicultural Health staff includes specialists in:

- Diet/Nutrition
- Physical Activity
- Cultural Competency
- Community Health Education
- Nursing
- Social Work
- Public Health

## *Cultural Rhythms highlighted local culturally diverse talents!*

By Trudy Hall

The Program for Multicultural Health was pleased to present *Cultural Rhythms - Celebrating Dance and Music from around the World*. About 100 people attended the event in April 2006 at Washtenaw Community College.



Audience members truly enjoyed the performances and the opportunity to learn about various cultures through the musical and dance selections. Beautiful, cultural costumes were worn by Angélica Snyder and the Golden Years Troupe. Ms. Snyder opened the evening with the "Mexican Hat Dance". The Golden Years Troupe, a group of



seniors, performed the traditional Chinese "Wedding Dance". Hubert Williams played his drum and sang a collage of Native American songs.

The final performance included several dance routines representing the Arab culture. These were performed by the group, ARABesque.

The inspiration behind Cultural Rhythms was to provide an opportunity to bring together people from diverse background

to enhance their communication in a fun and festive environment and learn about each other's culture through music and dance

The PMCH would like to thank the performers for their time and talent, Moonlight Dance Studio & Boutique, Twin Tennistry for their generous donations, and the audience for their support in attending Cultural Rhythms.

PMCH plans to make this an annual event.



## *Colon Cancer Workshop*

By Glenda Sneed

The colon cancer workshop was initiated in response to previous findings that African Americans have an earlier onset of the disease, and higher incidence and mortality rates compared to Whites. With educational initiatives, such as those implemented within the PMCH, effective prevention initiatives can decrease cancer incidence and mortality.



African Americans are more likely to be diagnosed with colorectal cancer than any other population group in the United States

The existence of these racial and ethnic disparities underscores the need of why the PMCH plays an active role in educating the public about ethnic and racial issues surrounding colorectal cancer. In March 2006, the PMCH conducted an educational workshop to increase colon cancer awareness and to encourage early screenings of African Americans residing in the Washtenaw County area. There were more than 80 participants in attendance, and a review of the workshop evaluations indicated that the educational presentation was very well received. Information shared by two experts in the field of gastroenterology; Drs. John Kao and Chun Hsu, about colon cancer statistics, prevention, screening and detection, inherited conditions, was valuable and enlightening to our participants.

The VA National Center for Health Promotion and Disease Prevention summarizes some crucial facts to remember about colon cancer:

- African Americans are more likely to be diagnosed and die from colorectal cancer than any other population group in the United States,
- Colorectal cancer is the third most common cancer among African Americans,
- African Americans are less likely to undergo screening tests for colorectal cancer,
- African Americans are less likely than Whites to have colorectal polyps detected when they can easily be removed,
- African Americans are more likely to be diagnosed with colorectal cancer in advanced stages when there are fewer treatment options available, and they are less likely to live five or more years after being diagnosed with colorectal cancer than other populations,
- Diet, tobacco use and a lack of access to equal medical treatment options may increase African Americans' risk of developing colon cancer, and
- There may be genetic factors that contribute to the higher incidence of colorectal cancer among some African Americans.

Source: VA National Center for Health Promotion and Disease prevention.

## *Colon Cancer Fact Sheet*

### **What is colon cancer?**

Colon cancer occurs when the cells in the colon grow out of control and form a small group of abnormal cells. These cells grow into a lump called a polyp. A polyp is a small, non-cancerous tumor that sometimes turns into cancer.

The colon is the upper 5 to 6 feet of the large intestine. The large intestine is the long, muscular tube that food passes through during digestion.

### **How do you prevent colon cancer?**

- Get regular screening tests beginning at age 50
- Eat less red meat

**Colorectal cancer is the third most common cancer among African Americans**



*Colorectal Cancer is Preventable, Treatable, and Beatable!*

- Take a multivitamin with folate every day
- Be physically active for at least 30 minutes every day
- Maintain a healthy weight
- Limit the amount of alcohol you drink
- Eat more vegetables
- Take an aspirin every day (check with your doctor first)

**What are the symptoms of colon cancer?**

Colon cancer may have no symptoms in the early stages. As the cancer grows, symptoms may include:

- A change in bowel habits
- A change in the way bowel movements look
- Diarrhea or constipation
- Blood in bowel movements
- Frequent gas pains

These symptoms can also be caused by something less serious, like an ulcer, swelling of the colon, or hemorrhoids. If you have these symptoms for the first time, talk to a doctor.

Source: [http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?lang=english&func=show&quiz=colon&page=fact\\_sheet](http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?lang=english&func=show&quiz=colon&page=fact_sheet)

**Most African Americans should undergo a colonoscopy every ten years beginning at age 45**

## *Building a Sustainable Physical Activity Program*

By Wasantha Young

In support towards developing healthier levels of physical activity, PMCH continues to develop educational and physical activity programs. Currently, PMCH is a primary consultant working in developing sustainable physical activity programs with five African American ministries who have adopted the Body and Soul program (<http://www.5aday.gov/aahealth/inde.html>). Below are several guidelines for individuals, groups and organizations to follow that may help in developing a long lasting physical activity program:

**Cultural Relevance**

PMCH focuses on dances and the physical practices of a culture to understand its infrastructure in designing an appropriate exercise regimen. When considering culture, keep in mind the behavioral patterns, arts, beliefs, and all other products of thought and work relative to the demographic of a chosen group.

**Enjoyment**

Survey and hold focus groups to find out what types of culturally specific physical activities will inspire the group.

**Variety**

If a program is to be a long lasting success, there should be consistency and a variety of activities to maintain the interest of the group.

**Support**

Everybody has barriers, lapses in effort, and may be unfamiliar with the available resources . Providing qualified counseling, a simple and considerate phone call, and a number of community resources guides can mean a step towards lifestyle change for someone within a community or group.

**Marketing**

What are your marketing resources? Do you have access to a newsletter, bulletin board, or a forum for announcement during a group meeting? Set-up a reasonable timetable for informing your group about events.

**Costs**

When planning an on or off-site event, include in your planning all cost such as equipment, transportation, and advertisements. Also consider if the event itself will cost the group member or the organization. For example if you want to organize a bowling outing, there could possibly be expenses for transportation, food, and the use of the bowling alley.



**Be physically active for at least 30 minutes every day**

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## Russian Culture and Family Relationships



**Disclaimer:**  
Although the following statements may apply to some individuals, this is not to infer these are the beliefs and/or practices of the majority of this population.

- The composition of a Russian family includes the extended family and is structured to have strong family bonds and great respect for elders.

- Decision-making and role of spokesperson is the responsibility of the father, mother, eldest son, or eldest daughter.
- The whole family often pulls together during a crisis for support and strength.
- No major gender issues exist. Although a husband and wife might consult with each other, the wife might eventually give way to her husband's opinion. The more dominant personality usually prevails.

- Children, adults, and the elderly are all expected to care for ill family members.
- Adults are expected to accept their parents into their home and provide care.
- Friends are also expected to visit the ill in the hospital to provide strength and support.

**Source:**  
Evanikoff, L. J. (1996). *Russians. Culture and Nursing Care: A Pocket Guide*. San Francisco, CA: University of California.