

***Women Be Healthy 2: A promising  
new community-based  
intervention***

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**for ONCODEFI**

# Background: Breast Cancer Screening for U.S. Women with DD

- Existing research suggests women with intellectual disabilities have among the worst rates of breast cancer screening in the United States
- Barriers to care
  - Women's limited knowledge
  - Fear surrounding procedures
  - Physicians' pejorative attitudes
- No evidence-based interventions have been established as effective in increasing women's receipt of screening

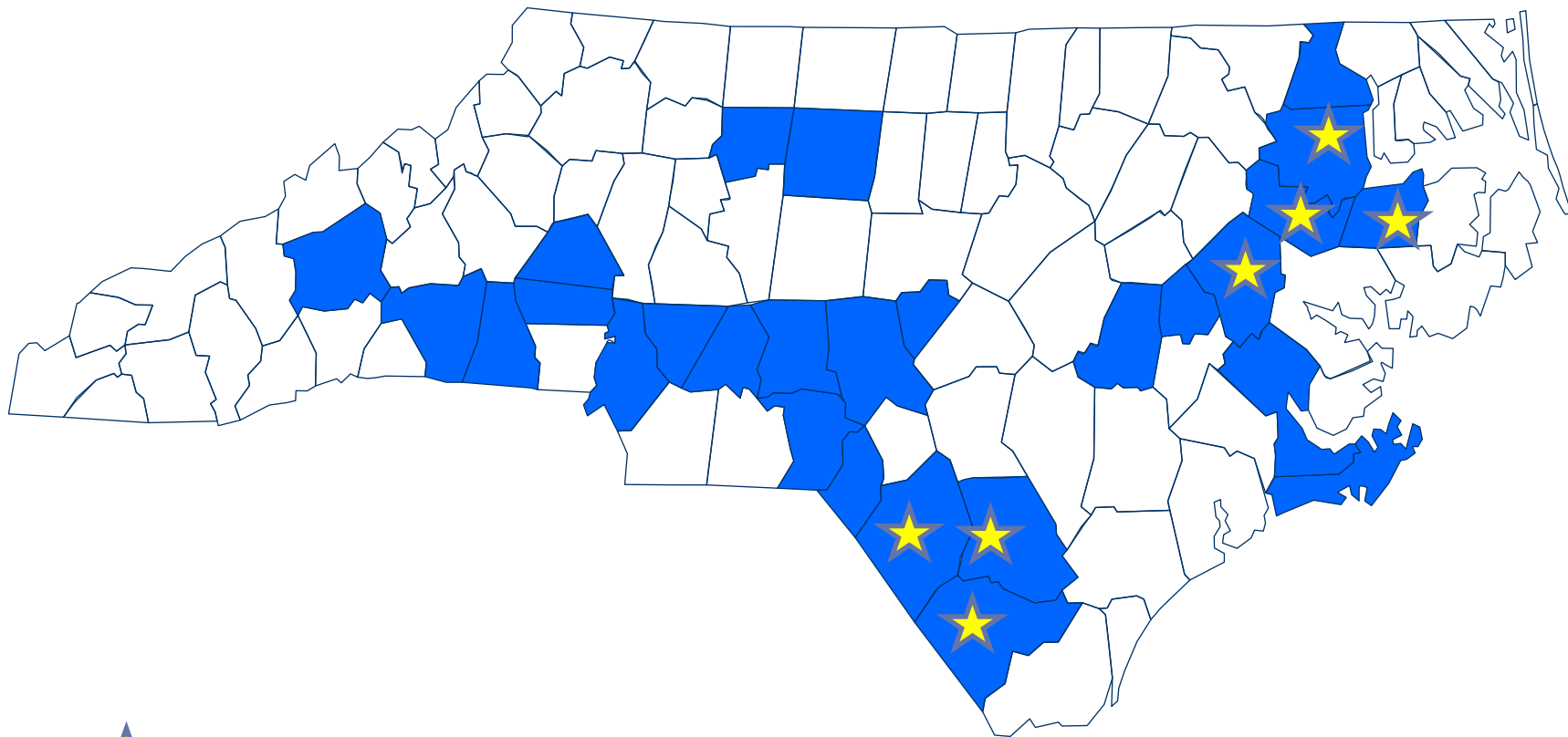
# Aim 1: Identify breast cancer screening rates from objective data

- Existing screening estimates derived from self-reported or proxy-reported interview data
  - Biased reporting is highly likely by all women regardless of their disability status
- Obtained screening data from medical practices
  - Extraction forms: dates of: Pap test, mammography, clinical breast exam, physical exam, insurance type
  - 91% response rate from 253 medical practices
  - Item non-response 6-9% for each procedure in last year

# Description of the Sample

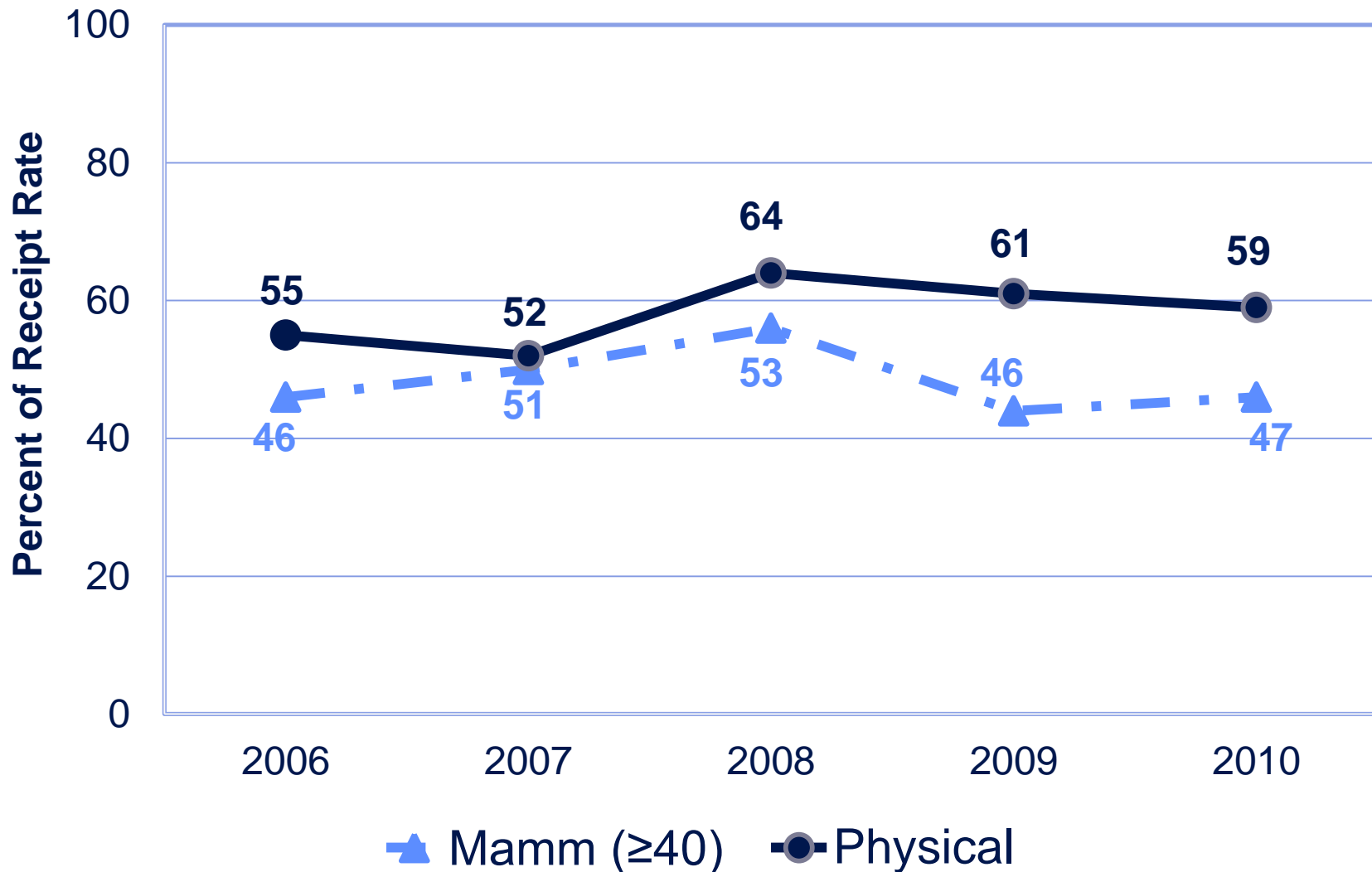
Characteristic	n = 203 women
Race is Black	47%
Race is Asian, Native or Latina	3%
Has a child	13%
Lives alone or with partner	8%
Lives in formal residential setting	40%
Lives with family caregiver	45%
Age (mean)	40 years (19 - 71 years range)
Impairment is mild or moderate	91%
Lives in rural area	75%
Insured	>99%

# Participants' counties of residence in North Carolina, US

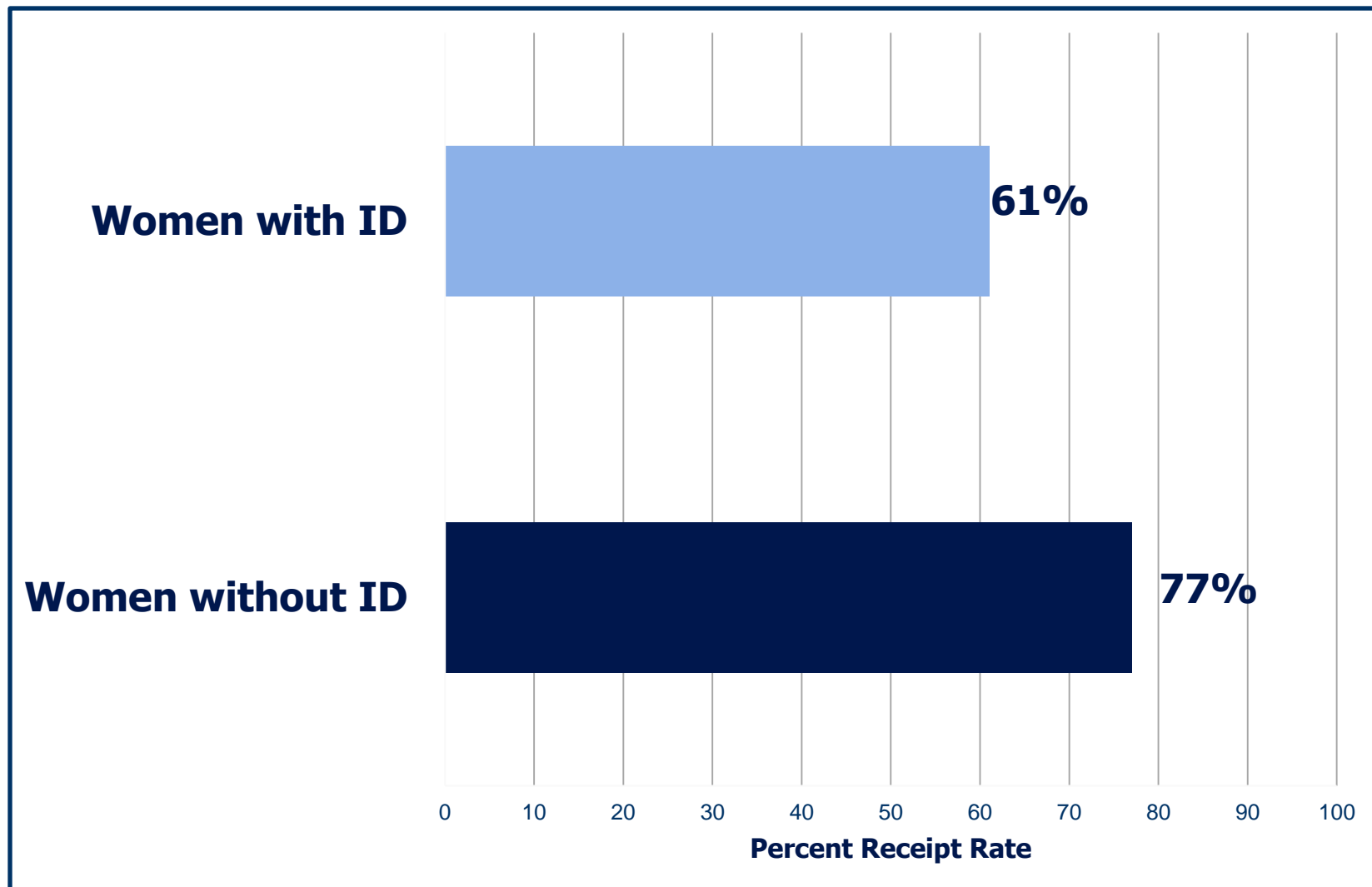


★ = Persistently poor counties (>20% of county with income below the federal poverty level for >30 years); 10 North Carolina counties are persistently poor

# Percent of women receiving screening procedures, 2006-10



# Mammography receipt among NC women $\geq 40$ in 2009 or 2010

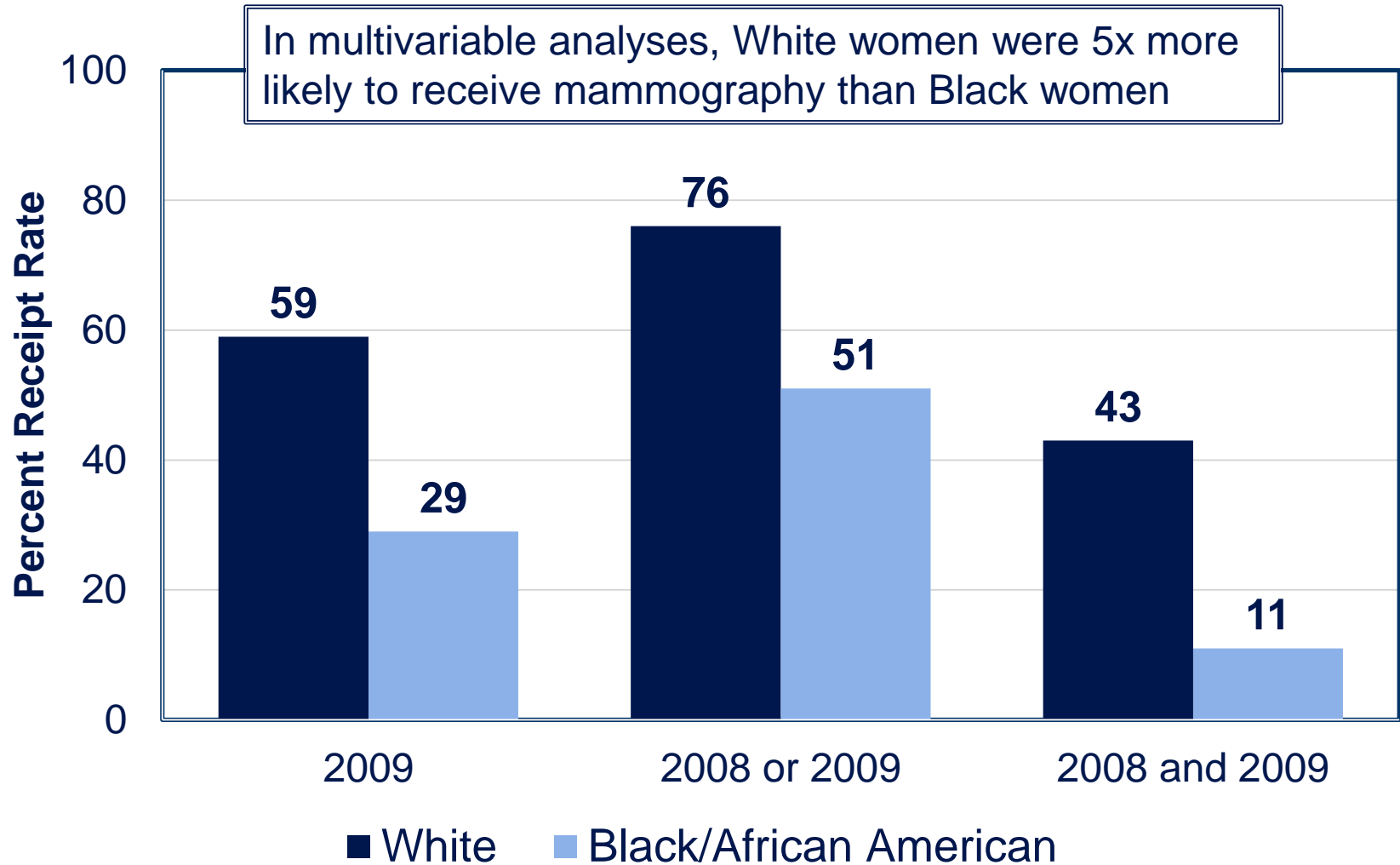


\* North Carolina data from 2010 BRFSS

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# Unadjusted mammography rates for Black & White women ages $\geq 40$





# Aim 2: Develop & test revised intervention to promote cervical and breast cancer screening

- *Women Be Healthy 2*
  - Expansion of *Women Be Healthy* (Lunsky, Straiko, Armstrong)
  - In randomized control trial, *Women Be Healthy* improved breast cancer screening knowledge of women with intellectual disabilities but not cervical cancer screening knowledge
- Developed after focus groups and interviews with participants and lay health educators
- *Women Be Healthy 2* is 22-session (1 hour twice/weekly) psycho-educational program for women with intellectual disabilities
- Delivered by lay health educators following 5-hour training
- All activities geared for learners without literacy
- Curriculum is **FREE** and available on the Lurie Institute for Disability Policy website:

<http://lurie.brandeis.edu/women/curriculum.html>



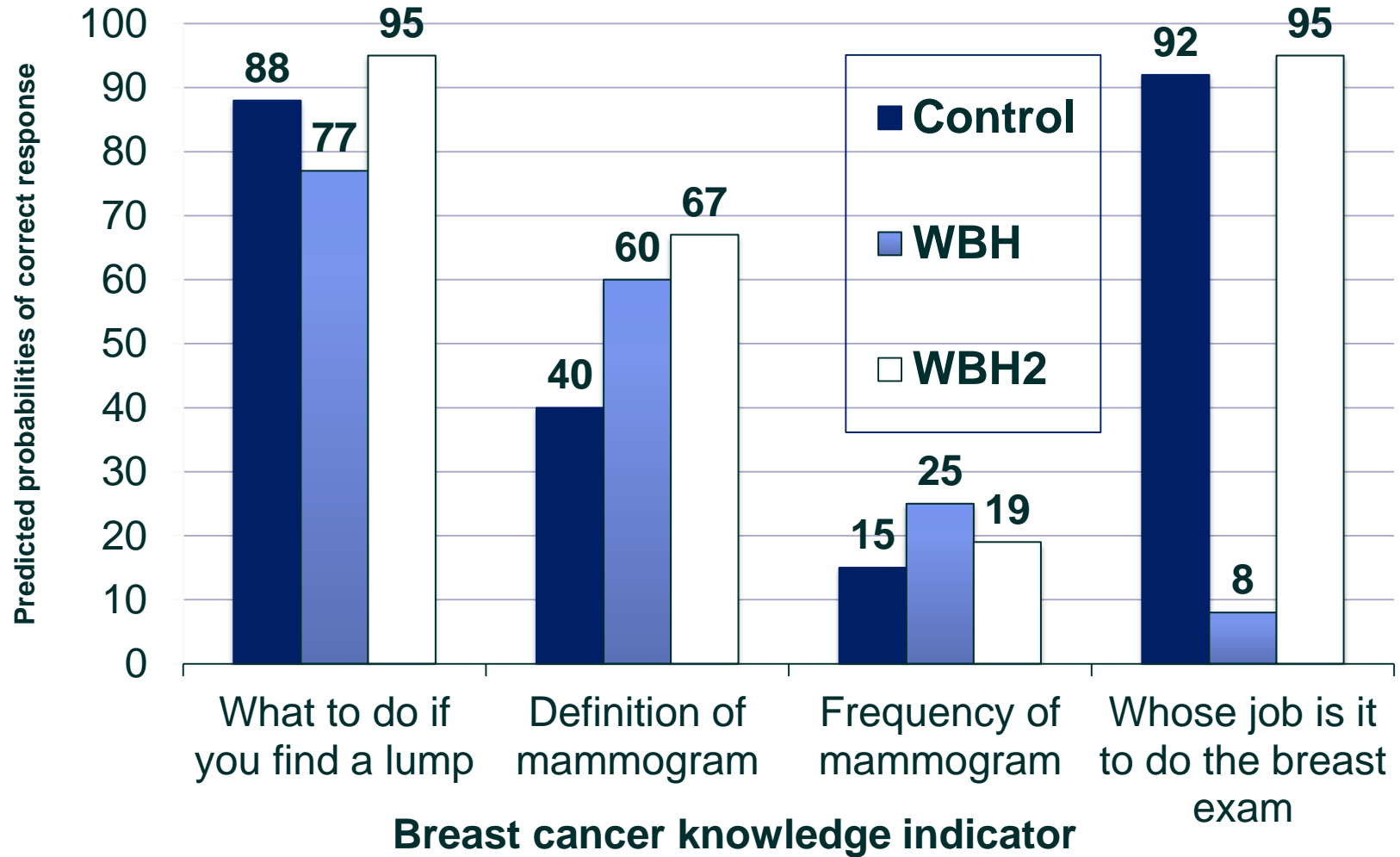
# ***Women Be Healthy 2 content***

- Anatomy using models and dolls
  - Cancer & importance of cancer screenings
  - Importance of healthy behaviors
  - Communicate with health care provider
  - Know what is normal for you
  - Know when you need to visit the health care provider
  - Relaxation exercises
  - Field trips to GYN office & mammography site
  - Multimedia, hands-on activities
- 
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# Test of *Women Be Healthy 2*

- Randomized control trial
- 21 disability service organization sites across North Carolina in the US
- Pre-test, post-test interview design
  - Computer-assisted, in-person interviews
- Randomized sample at each site
- Curriculum taught by on-site instructors (not research team members)
- 4 indicators of breast cancer knowledge

# Predicted Probabilities: Post-test Breast Cancer Knowledge



Note: adjusted for baseline knowledge, living arrangement & site type



# Conclusions

- Women with intellectual disabilities have low rates of breast cancer screening and rates are particularly poor for Black and African American women with intellectual disabilities
- Women with intellectual disabilities can benefit from a targeted intervention geared to learners with low literacy
- Modest knowledge gains in breast cancer indicate greater duration of content may be needed
- Clear need for targeted intervention with women, caregivers, health care providers

# Thank you!

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- Research Team: Karen Luken, Jamie Swaine, Pam Dickens, Grace Wright, Glenna Williams, Esther Son, Sarah Dababnah, Michelle Techler

For more info:

<http://lurie.brandeis.edu/women/index.html>