

Grant Application

Cover Sheet

Investigator Information

INVESTIGATOR:	Denise Spartonos	EMPLID:	13001652
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DEPARTMENT:	Arizona Cancer Center Skin Cancer Institute	DEPARTMENT NO.:	00721
POSITION:	Community Outreach Coordinator		
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Project Details

PROPOSAL TITLE:	Teaching Sun Safety to Teens
AMOUNT REQUESTED:	\$ 9745.00
ABSTRACT:	Arizona has some of the highest rates of skin cancer in the nation. Skin cancer risk can be reduced by practicing sun safe behaviors. Adolescents are not following these guidelines, yet are under targeted for skin cancer prevention education. The Skin Cancer Institute's Teaching Sun Safety to Teens program will train 50 outstanding University of Arizona medical, nursing, pharmacy, and public health students to teach sun safety and skin cancer prevention to 1000 students at four Tucson high schools. Teaching Sun Safety to Teens will be adapted from an existing exemplary program to include sun safety issues unique to Arizonans.
Does this project involve or require:	
HUMAN SUBJECTS:	N

ANIMAL SUBJECTS:	N
RADIATION CONTROL APPROVAL:	N
IBC APPROVAL:	N
INVESTIGATOR SIGNATURE:	_____ Date: _____
DEPARTMENT HEAD or COMMITTEE CHAIR or DIRECTOR SIGNATURE:	_____ Date: _____
DEAN SIGNATURE:	_____ Date: _____

Budget Summary

WAGES + ERE	\$ 4599.00
OPERATIONS	
Supplies/Materials	<i>\$ 1000.00</i>
Cosultant Fees	<i>\$ 0.00</i>
Subject Payments	<i>\$ 0.00</i>
Other	<i>\$ 3128.00</i>
Operations Subtotal	\$ 4128.00
TRAVEL	\$ 1018.00
CAPITAL EQUIPMENT	\$ 0.00
TOTAL REQUESTED	\$ 9745.00
BUDGET JUSTIFICATION	

Budget Justification

Wages and ERE:

Undergraduate Student worker at \$10 per hour X 450 hours= \$4500 + \$99 ERE (2.2%) =\$4599

Student will assist with recruitment of high schools, scheduling of volunteers, the collection of evaluation materials from the student instructors, and data entry.

Travel:

SPOTS director Stephanie Lickerman, RN has agreed to travel from St. Louis to Tucson to consult with SCI staff, assist with initial training of student instructors, and train SCI staff as future instructors.

\$520 (flight and car rental) + \$332 (four nights hotel) + \$166 meals= \$1018

Supplies Include:

T-shirts with program logo for student instructors to wear while in the schools (50 X \$10) = \$500

Sunscreen products, clothing, containers for demonstration kits= \$500

Total Supplies= \$1000

Other costs include:

Purchase of a Skin Analyzer Machine (\$750) along with a carrying case (\$125) and replacement bulbs and fuses (\$150) + printing costs for 50 training manuals (in color due to skin cancer photos) and classroom handouts (\$2103) = \$3128

Total requested: \$9745

In Kind:

The Skin Cancer Institute will cover the costs of food for the training, printing of SCI educational materials, and salary support for SCI staff involved in this project.

AUTHORIZED SIGNERS

Mitzi Miranda, Accountant Senior, Arizona Cancer Center

CURRENT RESEARCH SUPPORT

The Skin Cancer Institute will provide salary support for SCI staff involved in this project in addition to costs of refreshments and printing of SCI educational materials.

Major funding for the Skin Cancer Institute is provided through a generous annual gift from the Bert W. Martin Foundation which totaled \$397,000 for 2009.

The Skin Cancer Institute receives gifts from individual and corporate donors for specific community outreach projects and would seek additional funding for Teaching Sun Safety to Teens beyond the pilot year from these sources.

Teaching Sun Safety to Teens

Project Description:

Skin cancer is on the rise. In 2009, there were over one million cases of nonmelanoma skin cancer and over 68,000 cases of melanoma skin cancer in the U.S. Arizona has some of the highest rates of skin cancer in the nation; about 1000 men and women in Arizona are diagnosed with melanoma each year. Melanoma is the primary cancer killer of young women ages 25-30. It is the second most common cancer in adolescents and young adults. (1, 2)

Skin cancer risk for any age group can be reduced by avoiding skin overexposure to damaging solar and artificial (e.g., tanning booths) radiation. Unfortunately, behaviors such as avoiding the sun, wearing protective clothing and applying sunscreen are declining in Americans, particularly among adolescents. Most existing skin cancer prevention programs available in Arizona (e.g., Environmental Protection Agency [EPA] SunWise™ program), do not target adolescents.

To address the problem of skin cancer risk-increasing behavior in adolescents, the Skin Cancer Institute (SCI) at the Arizona Cancer Center is requesting funding to pilot test and evaluate a sun safety and skin cancer prevention program that is tailored to adolescents and will target Tucson-area high school students. We propose to recruit and train University of Arizona students from the Colleges of Medicine, Nursing, Pharmacy, and Public Health to become sun safety instructors, who will implement the proposed program at local high schools.

The proposed program, *Teaching Sun Safety to Teens*, will be based on a curriculum from an existing exemplary, award-winning program, Sun Protection Outreach Teaching by Students (SPOTS). SPOTS was developed in 2005 at St. Louis University and Washington University in Missouri in collaboration with the Melanoma Hope Network. SPOTS has been successfully implemented in 23 St. Louis-area schools: over 280 medical or public health student volunteers have taught sun safety lessons to over 9,200 teens. Preliminary data show increased skin cancer knowledge and preventive behaviors among participants. SPOTS is delivered in two parts. Part 1 focuses on the science of skin cancer and the importance of early detection. Teaching methods include interactive presentations, games, discussions, and a key activity: use of the Skin Analyzer Machine, which shows sun damage on facial skin. Part 2 covers skin cancer prevention with a hands-on demonstration of sun protection products and videotaped testimonials from teens that have experienced melanoma.

Upon funding in July, 2010, the SCI faculty and staff will revise the SPOTS curriculum to include SCI skin cancer prevention materials and to address our regional skin cancer risk-increasing concerns (e.g., high elevation, high ultraviolet light index, and 350+ sunny days). This effort will result in the program *Teaching Sun Safety to Teens*. We will present the program in four Tucson area high schools after recruiting these schools at the Pima County Educator's Fair. Key to this program are the UA student sun safety instructors. We will recruit 50 students in August, 2010 and will hold two training sessions in September, 2010 and January, 2011. Stephanie Lickerman, RN, SPOTS developer and director, will travel to Tucson to assist with the first training session. Lead SCI faculty and staff for the 4-hour training session will include SCI educators Denise Spartonos and Lisa Quale, and skin cancer specialists James Sligh, MD and Clara Curiel, MD. We anticipate that at least 1,000 high school students will receive both parts of the program from October 2010 through May 2011. We will evaluate the program modification process, student instructor training, and student satisfaction. Data analysis will occur in June, 2011. The final report will be complete by the end of July, 2011.

The Skin Cancer Institute (SCI) is well positioned to successfully launch *Teaching Sun Safety to Teens*, and to ensure the connection of this UA program to the community schools. SCI faculty have appointments in the Colleges of Medicine, Nursing, and Public Health and conduct cutting edge research in skin cancer prevention, detection, and treatment. SCI health educators have a wealth of experience in developing, modifying, and evaluating skin cancer educational materials and programs. The SCI has supported the use of the EPA SunWise™ curriculum in elementary and middle schools by training over 200 Arizona educators who have delivered Sun-Wise™ to over 1000 students. Our largest community outreach program, *Living in Harmony with the Sun* has provided free skin cancer screenings and skin cancer prevention messages to hundreds of Southern Arizonans through a unique, 5-year partnership with the Arizona-Sonora Desert Museum. Our newest community outreach effort, the Melanoma Awareness Walkathon, attracted over 300 participants. The SCI has developed skin cancer brochures, videos and a Website. *The SCI is the premier Arizona organization for skin cancer outreach to Arizonans.*

Potential Impact:

Teaching Sun Safety to Teens will impact students, teachers, and other Tucson community members. At least 1,000 high school students, many of whom engage in skin cancer risk-increasing behaviors, will receive potentially lifesaving prevention messages. Providing these students with this focused instruction increases their chances of following basic steps of sun safety. Thus, this program may open the door for improving the “skin health” of adolescents in Arizona. A secondary impact will be to teachers who will receive access to the curriculum for use with future students. We anticipate that there will be diffusion of program information from teachers and students to their colleagues, family members and friends.

Teaching Sun Safety to Teens, importantly, will impact our student volunteers by increasing their knowledge and ability to work with adolescents. They will carry over their skin cancer prevention training to future interactions with patients, fellow professionals, students and the community. In addition, this program will provide the student instructors with community volunteer opportunities and experience in educating community members on wellness and cancer prevention. The high school students reached by the UA student volunteers will also benefit from interacting with highly motivated young people pursuing careers in the health professions and science.

Ultimately *Teaching Sun Safety to Teens* can be adopted by other healthcare training programs in Arizona, and delivered to even more high school students. To enlarge the pool of volunteer instructors statewide, parts of this program, such as the instructor training, may be well suited to online delivery.

Fit with Program Goals:

Our proposal fits all the Foundation program goals. The proposed program will use an innovative approach to connect the University and the SCI to a population that receives little formal education on skin cancer prevention—high school students—and provide them with important and potentially life-saving information. We will use exemplary SCI experts and resources to implement *Teaching Sun Safety to Teens*. SCI experts will creatively modify the program to meet the unique skin cancer prevention needs of Arizona adolescents. The SCI will train top-notch medical, nursing, pharmacy, and public health students to deliver the program to high school students. This innovative approach will strengthen existing connections between the University of Arizona, the SCI, and local schools, and has future potential for statewide distribution.

References:

- (1) Cancer Facts and Figures 2009. Atlanta: American Cancer Society. Accessed at <http://www.cancer.org/downloads/STT/500809web.pdf>
- (2) Arizona Cancer Registry, accesses at <http://healthdata.az.gov/query/module/AzCR/AzCRCntyICDO2/ageRate.html>