



## National Cancer Prevention Month: Together We Can!

### A Note from the Director



February is National Cancer Prevention Month. Cancer can be caused by a variety of factors and may develop undetected over a number of years. While we can't control all of the factors that cause cancer, we can reduce risk by making healthier lifestyle choices and preventing exposure to certain environmental risk factors. Unfortunately, smoking continues to be a leading behavioral cause of cancer. The [American Institute for Cancer Research](#) offers ten cancer prevention recommendations. Those recommendations focus on diet and lifestyle changes such as increasing physical activity, maintaining healthy weight and avoiding sun exposure. Dietary recommendations include avoiding processed foods as well as

reducing meat, salt, sugar and alcohol consumption. Consuming a diet rich in whole grains, fruits and vegetables not only reduces cancer risk, but can also assist in maintaining a healthy weight.

One of the key elements of healthy relationships is [Care for Self](#). Taking care of ourselves improves quality of life and allows us to better care for those we love. Even small lifestyle changes can make a difference. The [Meatless Monday Campaign](#) encourages individuals to give up meat one day a week. For the average person, that's about a 15% reduction in meat consumption per week. Not only can that offer significant benefits for your health, but also for the environment. Make it a fun educational family activity! Include the kids in planning and cooking a healthy meat-free meal. Use the time together to talk about the importance of making choices that are healthy for them and the environment. I hope the tips and resources below will be helpful to you and the families you serve while we work together to get healthier in 2020!

Best regards,

**Robyn Cenizal**

Robyn Cenizal, CFLE  
Project Director

## Tips of the Month

In addition to making changes that improve our own health, use the tips and resources below to support cancer prevention.

- **Tips to reduce your risk.** The Mayo Clinic has [seven tips to reduce cancer risk](#). Learn about the ways you can take charge of your health.
- **Get supported.** [This is Living with Cancer](#) has resources for both patients and caregivers in areas such as mental health, diet, stress, and much more!
- **Get involved.** Become a volunteer, make a tax-deductible donation, or participate in fundraising events to help save lives. There are several organizations such as [The American Cancer Society](#), and the [National Council on Skin Cancer Prevention](#) that you can support.

## Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research

materials.

### **Men and Marriage: Debunking the Ball and Chain Myth**

Marriage is not worth it for men. It's not worth the practical and financial sacrifices, the lost romantic opportunities, or the "lack of freedom." All in all, a spouse is a ball and chain-of little benefit to any man interested in pursuing happiness and well-being. Considering both the latest survey data and the continuing decline in the marriage rate, it's fair to say that this viewpoint is becoming more entrenched in our society, particularly among younger men. But despite its prevalence, the ball and chain view of marriage is simply not supported by the research. Indeed, the benefits of marriage for men are substantial by every conceivable measure, including more money, a better sex life, and significantly better physical and mental health. Yet many men remain ignorant of these benefits, a view seemingly promoted by popular culture. (Author abstract)

### **What is the Relationship of Marriage to Physical Health?**

This fact sheet from the National Healthy Marriage Resource Center focuses on the increasing body of evidence on the protective effects of healthy, higher-quality marriages as well as on the health hazards of lower-quality marriages, especially as adults grow older. To this end, it presents research findings on the relationship between marriage and physical health for various populations across the life span. (Author abstract modified)

### **How Does Marriage Affect Physical and Psychological Health? A Survey of the Longitudinal Evidence**

This paper examines an accumulating modern literature on the health benefits of relationships like marriage. Although much remains to be understood about the physiological channels, we draw the judgment, after looking across many journals and disciplines, that there is persuasive longitudinal evidence for such effects. The size of the health gain from marriage is remarkable. It may be as large as the benefit from giving up smoking. (Author abstract)

## Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

## **The Role of Fathers in Children's Health**

**February 19, Online**

The Institute for Research on Poverty at the University of Wisconsin at Madison will host a webinar on February 19, 2020 from 1:00 p.m. to 2:00 p.m. CT to discuss ways that a father's health and behaviors impact their children's well-being. Researchers will present findings about fathers' experiences in prenatal and pediatric care settings and strategies for promoting fathers' physical and mental health; also presented will be findings on how to support fathers in modeling positive health behaviors for their children.

Speakers:

- Tova Walsh, Assistant Professor, School of Social Work, University of Wisconsin-Madison
- Darryl Davidson, Men's Health Manager, City of Milwaukee
- Craig Garfield, Professor of pediatrics at Northwestern University Feinberg School of Medicine and attending physician at Lurie Children's Hospital of Chicago where he directs the Family and Child Health Innovations Program (FCHIP)

Fathers play an important role in children's health and development. Fathers' own health and health behavior influences the well-being of their children and partners as well as fathers themselves. Healthcare and child and family services providers can help promote optimal outcomes for children and families by involving and supporting all caregivers, including fathers. This webinar will:

- Provide insight into the role that fathers play in child and family health.
- Address the experiences of fathers in prenatal and pediatric care settings, and identify strategies for providers to engage expectant and new fathers.
- Discuss strategies for promoting fathers' own physical and mental health, and supporting fathers to model positive health behaviors for their children.

## **OFA Webinar: Improving Employment Outcomes for TANF Recipients with Substance Use Disorders**

**February 26, Online**

The Office of Family Assistance will host a webinar on Wednesday, February 26 at 1:00 p.m. to 2:30 p.m. EST, entitled Improving Employment Outcomes for TANF Recipients with Substance Use Disorders. The webinar will outline employment-focused strategies that can contribute to, rather than inhibit, substance use treatment and feature experts with backgrounds in research and practice on

working with TANF recipients who have substance use disorders. Speakers will discuss national trends in substance use disorders and strategies to move those with substance use disorders towards treatment, employment, and economic stability. Speakers include:

- Dennis Romero, Regional Administrator, Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services
- Dr. Christine Cauffield, Chief Executive Officer, Substance Abuse and Mental Health Managing Entity, Lutheran Services Florida
- Additional speakers to be announced

### **Nevada Integration Institute**

**March 19, Reno, Nevada**

During the Institutes, participants are introduced to The Resource Center's Levels of Integration concept to visualize integration efforts at different points on an integration continuum: 1) Basic Engagement; 2) Partnerships; and, 3) Full Integration.

## Feedback and Technical Assistance

To learn more about the Resource Center, visit us at [www.healthymarriageandfamilies.org](http://www.healthymarriageandfamilies.org).

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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This newsletter was published by ICF with funding provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FH0003. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.