

BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



November 2023

RESEARCH TEAM SPOTLIGHT



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Principal Investigator, Howard University

Dr. Teletia Taylor is currently an Associate Professor of Medicine at the Howard University College of Medicine. Dr. Taylor's research focuses on the impact of psychological stress on cancer incidence and survival. Her involvement in the BEAT-C Study expands her interest in understanding the role of stress on cancer survivorship and the usefulness of providing resources to address stress among underserved cancer survivors.

ORGANIZATION SPOTLIGHT:



Martha's Table believes that **every Washingtonian deserves the opportunity to thrive**. They provide support on both sides of the Anacostia River by pairing healthy food access with physical and mental health services and promoting family success. A daily food market is available at their NW and SE locations. All guests are welcome to shop once per month for fresh produce and pantry items at their no-cost weekday markets.

Commons: 2375 Elvans Rd SE
Washington, DC 20020
[202-328-6680](tel:202-328-6680)

Maycroft: 1474 Columbia Rd NW
Washington, DC 20009
[\(202\) 328-6608](tel:202-328-6608)

STUDY PROGRESS HIGHLIGHTS

A total of **122** patients have enrolled in the study so far. **79** patients have completed the 6-month program, and **74 (94%)** of them reported feeling satisfied with the program.

November is Diabetes Awareness Month

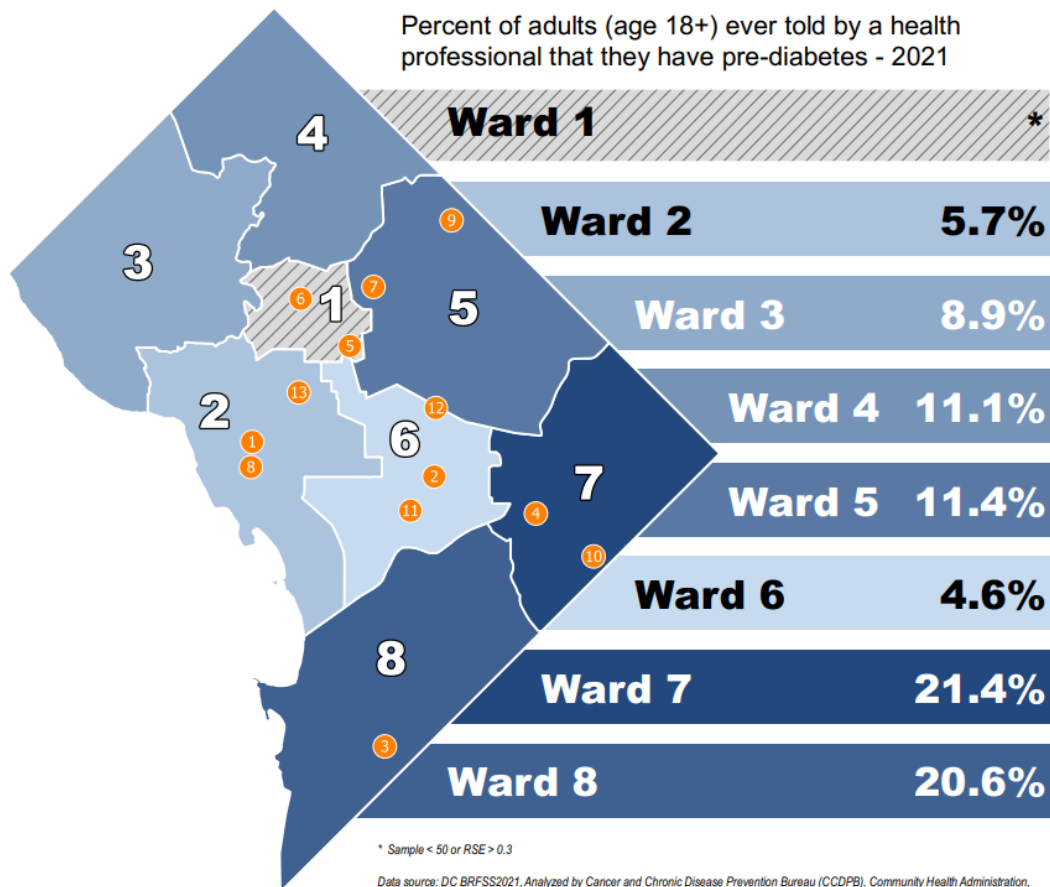
Know the Risk Factors

- Diabetes control is especially important for cancer survivors. The good news is that education, learning to monitor blood sugar, and improving diet and physical activity can prevent or control diabetes.

Resources for Preventing or Managing Diabetes

- Visit www.livingwell.dc.gov and www.diabetes.org to learn more.
- The YMCA offers healthy lifestyle programs for people who have pre-diabetes: <https://ymcadc.org/programs/health-fitness/ymcas-diabetes-prevention-program/>
- The YMCA also offers programs like nutrition counseling for people who already have diabetes: <https://ymcadc.org/dietetic-counseling/>
- You can ask your primary care doctor for other referrals to existing programs like the MedStar Boot Camp to address diabetes.

Active Diabetes Prevention Programs in Washington, DC



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| 1. American Pharmacists Association Foundation
(800) 279-6400
2215 Constitution Ave NW
Washington, DC 20037 | 7. MedStar Diabetes Institute
(202) 877-7772
100 Irving St NW, Washington, DC 20010 |
| 2. Black Women's Health Imperative
(202) 787-5931
700 Pennsylvania Ave SE
Washington, DC 20003 | 8. MedWise HealthCare
(800) 279-6411
2215 Constitution Ave NW
Washington, DC 20037 |
| 3. Healing Our Village
(202) 601-7434 4660
Martin Luther King Jr Ave SW
Washington, DC 20032 | 9. Providence Health Services
(202) 854-7128
1150 Varnum St NE, Washington, DC 20017 |
| 4. House of Prosperity Everlasting, Inc.
(202) 848-3700
2918 Minnesota Ave SE
Washington, DC 20019 | 10. Sorogi Diabetes Prevention Program
(202) 575-0578
3861 Alabama Ave SE, Washington, DC 20020 |
| 5. Howard University Department of Nutritional Sciences
(202) 884-1535
2041 Georgia Ave NW
Washington, DC 20059 | 11. Unity Health Care
(202) 627-7800
1100 New Jersey Ave SE, Washington, DC 20003 |
| 6. La Clinica del Pueblo
(202) 462-4788
2831 15th St NW, Washington, DC 20009 | 12. Well Konnect LLC
(240) 617-0819
810 7th St NE Washington, DC 20002 |
| | 13. YMCA of Metropolitan Washington
(202) 862-9622
1112 16th St NW, Washington, DC 20036 |