



# PATHWAYS

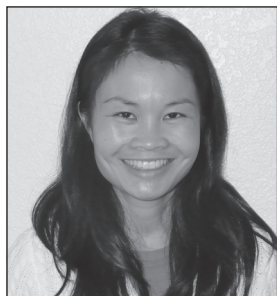
## A Study of Breast Cancer Survivorship

A NEWSLETTER FOR STUDY PARTICIPANTS

Spring 2011

### Collecting Quality Information on Diet in Breast Cancer Survivors

By Allegra W. Timperi and Marilyn L. Kwan, PhD



Marilyn L. Kwan, PhD



Allegra W. Timperi

After receiving a breast cancer diagnosis, many women want to know how they can change their diet to improve their prognosis and overall health. Answering this question is one of the main goals of the Pathways study. As you may remember, being one of our valued Pathways participants, we ask you to give us detailed dietary information starting at the first interview, and continue to ask for updates with the follow-up questionnaires that we periodically mail to you. We ask you to give us

dietary information in two forms; the first is a Food Frequency Questionnaire that helps us learn about your overall usual diet from the previous six months. The second is a 3-Day Food Diary that helps us learn more details about what and how you eat on a daily basis. These two questionnaires are both important because they allow us to see the “big picture” and the “little picture” of how you eat and drink.

In order to make sure that we are collecting high quality information from the 3-Day Food Diary, we recently conducted a validity analysis that was published in the *American Journal of Epidemiology*<sup>1</sup>. This analysis began in 2007 with an interviewer calling participants after receiving their 3-Day Food Diary to go over missing and incomplete information. Some of you may remember getting one of these calls—and we thank you for taking the extra time to talk to us!

Preliminary results showed that the nutrient values from foods and beverages recorded in the original



records were not as precise as the values obtained after reviewing the food diary with an interviewer. Based on this, the Pathways study team trained their interviewers to provide more detailed instructions to participants when they introduced the 3-Day Food Diary at the first in-person interview. The hope was that by going over the food diary in more detail, and by beginning to fill out the first day with the participant, the participant would have a better idea of what details to write down, and therefore would be able to provide higher quality information. In 2009, interviewers again called some participants to go over the 3-Day Food Diary and fill in incomplete and missing information. We then compared the two groups of food diaries to see if the information in the second group was of a higher quality.

We found that the amount of missing information in the food diaries was greatly reduced. For example, while the rate of missing serving size amount for the first group was 30%, it dropped to 4% in the second group. Likewise, improvements were seen for missing preparation methods, missing food items, and missing recipe ingredients. We also examined a number of nutrient values from the foods and beverages reported by participants (e.g. alcohol, carbohydrates, protein, *trans*-fatty acids, vitamin D, etc.) to see how good the agreement was between

## Collecting Quality Information on Diet in Breast Cancer Survivors *continued:*



the values before and after going over the food diaries with an interviewer. In the first group of food

diaries, the agreement was moderate, ranging from 0.72 for *trans*-fatty acids to 0.93 for alcohol (an agreement of 1.0 means perfect agreement between the first and second group). Agreement was significantly higher in the second group of food diaries, when the participants received in-depth instructions, and ranged from 0.84 for *trans*-fatty acids to 0.99 for alcohol. We are happy to report that by giving our participants detailed instructions, they are able to give us high quality information on their diet.

We are currently entering information from more of our participants' 3-Day Food Diaries, and we look forward to reporting results to you in the future on how diet affects breast cancer prognosis, such as recurrence and survival. We thank all of the Pathways Study participants who have taken the time to fill out the 3-Day Food Diaries, and we encourage all of you to continue providing information through the periodic follow-ups. If you would

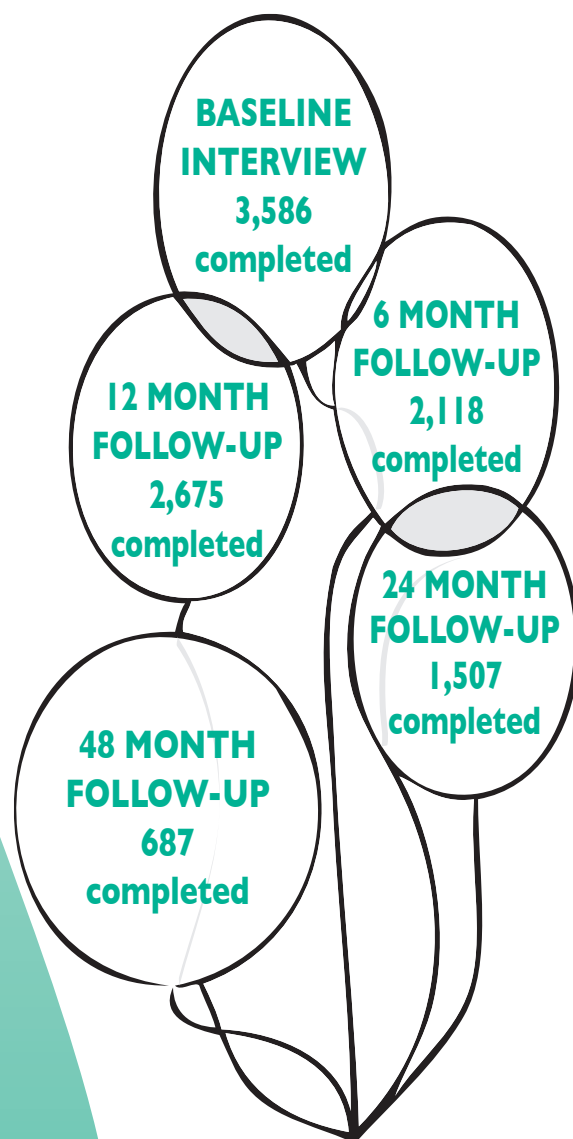


like a copy of this paper, please contact the Pathways Study Coordinating Center at 1-866-206-2979.

The study abstract is also available through the Pathways website: <http://pathways.kaiser.org>.

1. Kwan ML, Kushi LH, Song J, et al. A practical method for collecting food record data in a prospective cohort study of breast cancer survivors. *Am J Epidemiol* 2010;172:1315-23. ☒

## PATHWAYS UPDATE *Who Is Participating?*



We are grateful for your role in Pathways. All of you add meaning and diversity to our team, and contribute your unique perspective to the information we are gathering.

*Thank you for participating!* ☒

## PATHWAYS FACES

### LARRY KUSHI

Larry is the Principal Investigator for the Pathways Study – meaning that he had the idea for the study, and is responsible for its overall scientific and administrative management. He was interested in conducting this study because he found that many people – not just those with breast cancer – want to know if they can do anything themselves to improve their lives after cancer. He has met and been inspired by people who feel that their food choices made a major difference in their recovery from cancer. When he is not working on the Pathways Study or other research projects, he is riding his bicycle to work, yearning to hike in Yosemite, or encouraging people to see his daughter in the Off Broadway show, Fuerza Bruta.



### KATE SZAKY

Kate has recently returned to the Pathways Study as the phlebotomist for Contra Costa County after more than a year off. She is happy to be back and working with such a committed group of people. Her favorite pastimes are a good book, the outdoors, and sharing time with her daughter.



### ALTHEA CRICHLOW

Althea recently returned to Pathways after completing her Master's Degree in Nutrition Science from the Institute of Human Nutrition at Columbia University. She has found the skills she has gained as a Pathways interviewer to be very useful in the field of nutrition. Althea is excited to start the Physician Assistant Program at Baylor College of Medicine this summer.

### VALERIE LEE

Valerie joined the Pathways Study in August 2010 as a programmer. She received her Master's Degree in Epidemiology with a focus on chronic disease. She has 10 years of experience working on cancer-related research projects. In her free time, she enjoys traveling, knitting, and cooking.



### ROSA HIPPLER

Rosa has been with the Pathways Study since 2006. She is originally from Brazil but has now lived longer in the U.S. than in Brazil. She loves singing and is a member of the San Francisco City Chorus. She also enjoys hiking and gardening. For the past 6 years, she has been volunteering at the Sensory Garden, which is a part of the Gardens at Lake Merritt.

## STAFF FOLLOW-UP



### GERALDINE PRIEUR

Geraldine left Pathways in March 2010. After marrying her Australian husband, she is now temporarily living in Australia. Getting used to the land down under has had many peculiarities: from the creepy crawlies to the bouncy kangaroos, one must remember the motto: "It's alright mate, she's apples." She wishes everyone a "G'Day." ☒

For the most up to date information on the Pathways study, please visit our website:  
<http://pathways.kaiser.org> ☒

### New Contact Information?

In order for us to keep in touch with you, we would like to have your latest contact information. Please let us know if your phone number or home address has changed. You can always reach us by calling our toll-free number: 1-866-206-2979. ☒



**KAISER PERMANENTE®**  
Division of Research  
2000 Broadway, Oakland, CA 94612

**Return Service Requested**