



CALIFORNIA TEACHERS STUDY

Report Card

VOLUME II, FALL 1997

GREETINGS AGAIN from the California Teachers Study. Has it actually been a year since we were last in touch? It's autumn again, back to school and back to the Teachers Study. You will recall that we began the California Teachers Study, or CTS, in the autumn of 1995 when we introduced the program to you; you completed a long and detailed questionnaire. With over 130,000 responses, we spent a very busy year computerizing the information and determining the risk factor profile for breast cancer of California teachers.

IN AUTUMN OF 1996, we sent our first CTS newsletter, the **Report Card**, to all participants. We took that opportunity to introduce the scientists from around California who have been collaborating on this project since 1994 and also to tell you a little more about breast cancer risk at various ages and among various

ethnic groups. We showed you that CTS participants are more likely to have had a mammogram than other women in California, a very positive finding for teachers in terms of early detection of breast cancer.

WITH THIS EDITION of the **Report Card**, we share news of our progress over the last year. A significant contribution has been made by our new external advisory committee; we are pleased to introduce them on page 4.

THE SUBJECT OF diet and health has become a highly popular topic among Americans. For this reason, our fall, 1995 survey asked you for an in-depth

review of your diet. On pages 2 and 3 we summarize some of your dietary patterns based on your responses. While you may have expected California teachers to eat a fairly healthy diet, you might be surprised to see how you compare with the U.S. Department of Agriculture's Recommended Daily Allowances. Of course, much more analysis will be performed on this issue in the future.

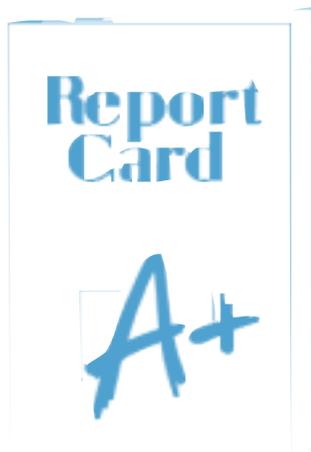
WE HOPE THAT you enjoy this issue of the **Report Card** and will take time to complete and return the enclosed survey. Best wishes for the next year. ❖

1997 SURVEY ENCLOSED

ACCOMPANYING THE Report Card is the 1997 California Teachers Study survey. About every two years, we ask you to update information on your health and lifestyle. We hope that you will take a few minutes to complete this short set of questions on important current topics. We have also enclosed a measuring tape to accurately collect body measurements to better understand how body size and shape relate to health (remember this information is kept highly confidential!).

IN FACT, PLEASE REMEMBER THAT ALL INFORMATION you provide will be grouped as statistical results, without allowing individuals to be identified. While we hope that you will complete the survey in its entirety, you may choose not to answer any questions. Also, your participation today does not obligate you to participate in the future.

PLEASE USE THE POSTAGE PAID ENVELOPE TO RETURN the survey but the measuring tape and pencil are yours to keep. Our toll-free telephone is printed on the front of the survey for any questions you may have.



IN THE CALIFORNIA TEACHERS STUDY survey of fall, 1995, participants reported on their intake of 104 foods and beverages, along with vitamin supplements. The listed items were carefully selected, based on previous research, to represent the leading contributors to consumption of important nutrients such as fat, fiber, cholesterol, etc. Under

FIGURE 1

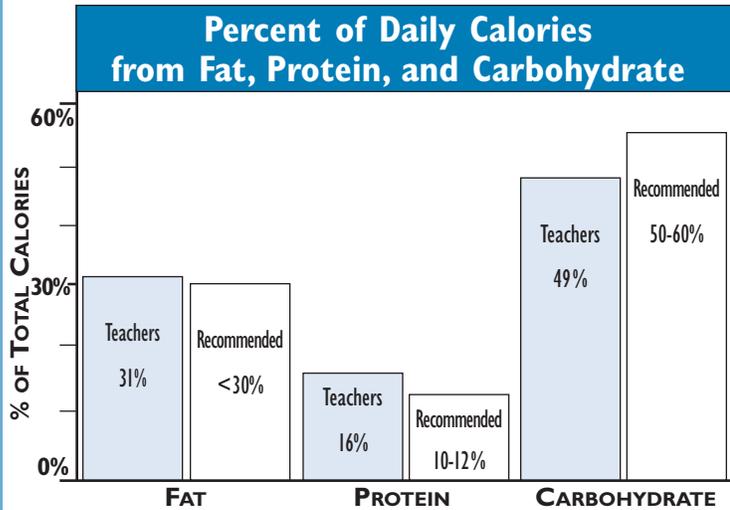


TABLE 1

Top sources of fat in the average teacher's diet

- salad dressing and mayonnaise
- cheese and cheese spreads
- spaghetti, lasagna, and other pasta with tomato sauce
- salty snacks, e.g. potato chips and corn chips
- margarine

The teacher's average intake of fat is just above the recommended maximum (Figure 1). Interestingly, none of the major fat sources in the average teacher's diet are meat-based (Table 1).

FIGURE 2

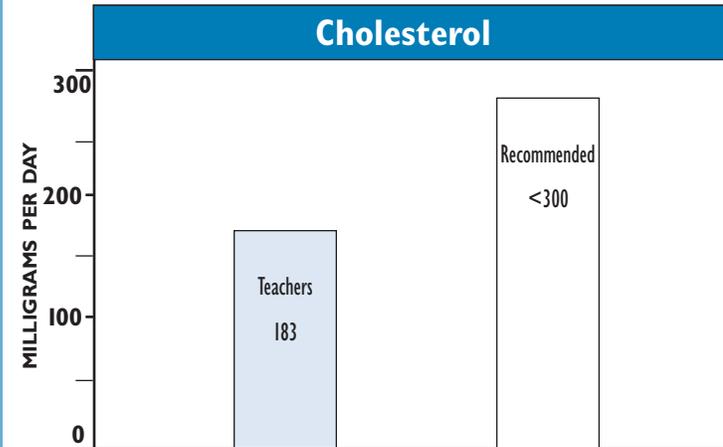


TABLE 2

Top sources of cholesterol in the average teacher's diet

- eggs
- spaghetti, lasagna, and other pasta with tomato sauce
- cheese and cheese spreads
- butter
- chicken stew and mixed dishes made with chicken

The teacher's average cholesterol intake is well below the recommended maximum (Figure 2).

FIGURE 3

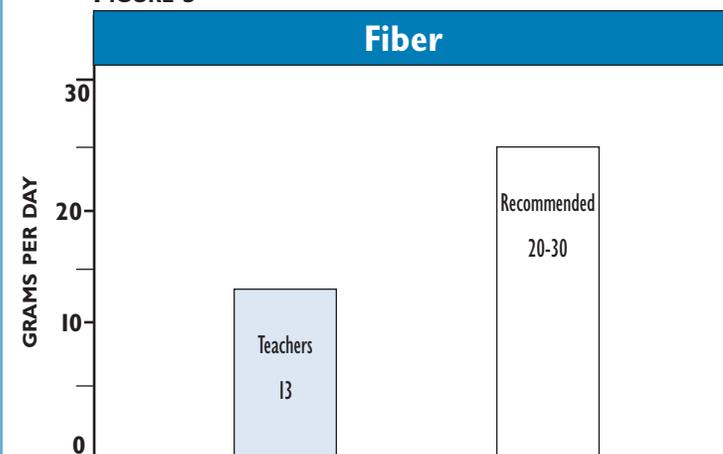


TABLE 3

Top sources of fiber in the average teacher's diet

- high fiber cereals, e.g., raisin bran, granola, and shredded wheat
- beans, e.g., baked, pintos, kidney, etc.
- dark bread, e.g., whole wheat and rye
- tacos and burritos with meat or beans
- apples and applesauce

Your average fiber intake is low, at about half the recommended daily allowance (Figure 3). Table 3 lists major sources of fiber in the average teacher's diet.

the direction of CTS researcher Dr. Pamela Horn-Ross, your responses have been compared with the U.S. Department of Agriculture's Recommended Daily Allowances (RDAs).❖

TABLE 4

Top sources of vitamin A in the average teacher's diet

- carrots and mixed vegetables containing carrots
- chicken stew and mixed dishes made with chicken
- sweet potatoes and yams
- spaghetti, lasagna, and other pasta with tomato sauce
- skim milk and 1% milk

While spaghetti with tomato sauce is a major source of fat it is also a major source of vitamins A and C, and calcium (Tables 1 and 4-6). Vitamin A consumption, on the average, seems to be sufficient without the use of supplements (Figure 4).

FIGURE 4

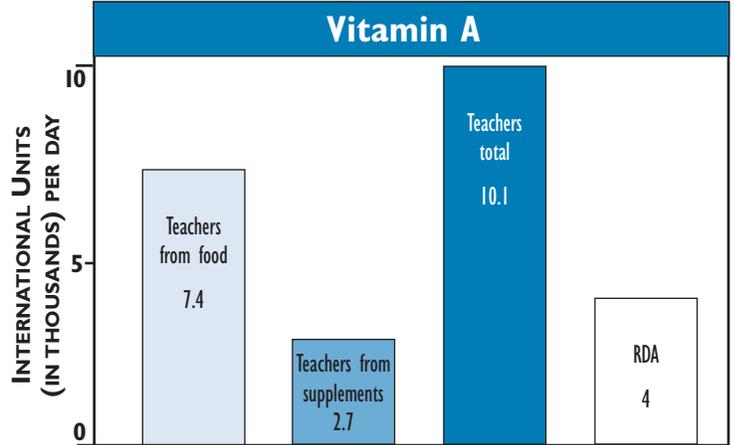


TABLE 5

Top sources of vitamin C in the average teacher's diet

- orange juice or grapefruit
- broccoli
- oranges
- spaghetti, lasagna, and other pasta with tomato sauce
- tomatoes and tomato juice

Intake of vitamin C is above the RDA, especially when supplements are included (Figure 5).

FIGURE 5

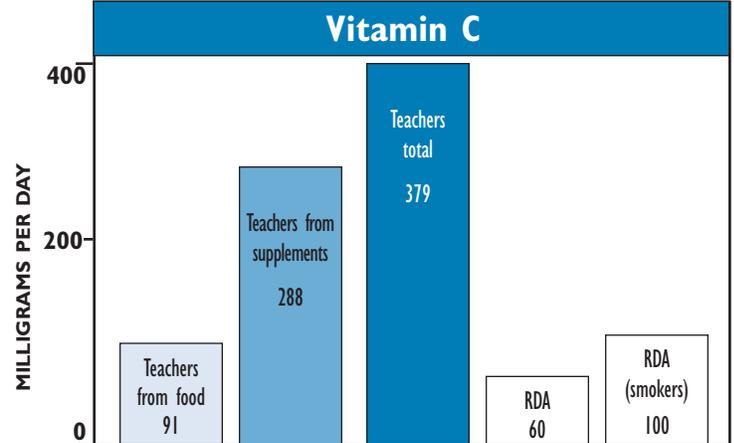


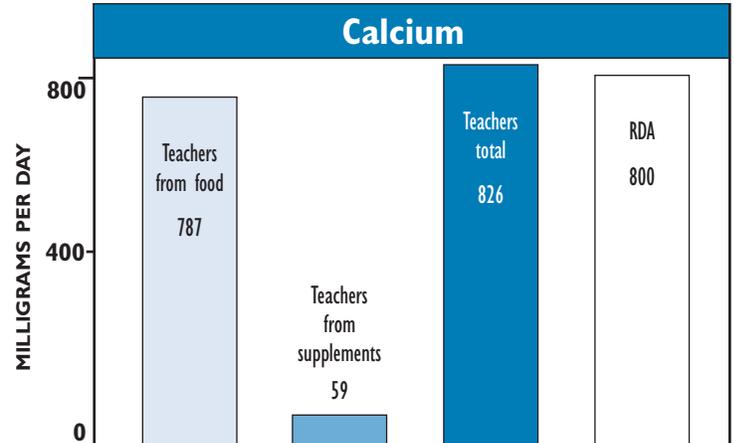
TABLE 6

Top sources of calcium in the average teacher's diet

- skim and 1% milk
- 2% milk
- cheese and cheese spreads
- low-fat yogurt or frozen yogurt
- spaghetti, lasagna, and other pasta with tomato sauce

Your average intake of calcium is roughly equal to the RDA (Figure 6).

FIGURE 6



TEACHERS STUDY EXTERNAL ADVISORY COMMITTEE

FOR A STUDY AS LARGE and important as the CTS, it can be greatly beneficial to have input from other experts who can provide perspective and advice. Such persons can help set priorities, open new avenues for communication and, perhaps most importantly, provide points of view and experiences different from those who work directly on the study.

FOR THIS REASON the California Teachers Study has assembled an external advisory committee. This group convenes annually (and much more often by tele-conference) to evaluate the overall progress

of the CTS. Members also recommend research directions and advise on sources of research funds.

THE COMMITTEE IS CHAIRED by John Young, DrPH, a lifelong leader in cancer research programs. Dr. Young served for 22 years with the National Cancer Institute of the federal government and, more recently, directed the California Cancer Registry of the State of California. Diane Cadei represents the California Teachers

Association and is a breast cancer survivor. Andrea Martin is founder and Executive Director of The Breast Cancer Fund and also has experienced breast cancer. Nora Ku, MD is a medical oncologist who regularly treats breast

cancer patients. Ms. Suzette Wright is Vice President of Save Ourselves breast cancer organization and a member of the California Breast Cancer Research Council; she too is a breast cancer survivor. Margaret Wensch, PhD, is an Associate Professor at the University of California, San Francisco who conducts research into

the causes of breast cancer. Lisa Bailey, MD is a cancer surgeon and President of the California Division of the American Cancer Society. Geoffrey R. Howe, PhD, is a Professor and Chairman of Epidemiology at the Columbia University School of Public Health and a noted authority on breast cancer causation. This team is committed to providing high quality, ongoing oversight and support to the California Teachers Study. ❖



THE CALIFORNIA TEACHERS STUDY EXTERNAL ADVISORY COMMITTEE (pictured left to right): Andrea Martin, Diane Cadei, John Young, Suzette Wright, Margaret Wensch. Not pictured: Lisa Bailey, Geoffrey Howe, and Nora Ku.



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