

With Nueva Vida, We Educated Latina Breast & Ovarian Cancer Survivors & their Daughters about Familial Risk & Empowered them to Take Preventive Action through our Innovative Program De Madres a Hijas

Mission Partner: Nueva Vida

Over the last two years, Nueva Vida has conducted [De Madres a Hijas](#), an intergenerational health workshop that enabled Latina breast cancer survivors and their daughters, to be educated about their increased risk for breast and ovarian cancer and arm them with resources to create an action plan to be proactive with their health.

About NUEVA VIDA

Nueva Vida is a Washington DC/Baltimore based nonprofit organization founded in 1999 by a group of Latina breast cancer survivors to fill the gap in culturally sensitive cancer support services for the Latino community. Nueva Vida informs, supports, and empowers Latinas whose lives are affected by cancer and has built deep trust within the community by advocating for and facilitating the timely access to state-of-the-art cancer care, including screening, diagnosis, treatment, survivorship and end of life care.

The Need

Among different populations of women diagnosed with breast cancer, Latinas have the highest rate of *BRCA1* mutations after Ashkenazi Jews. Yet, this community has been largely left out of most Hereditary Breast and Ovarian Cancer (HBOC) interventions. Research has shown that intergenerational, family-based health interventions are an effective method to leverage cultural values and combat mistrust, laying the groundwork for learning and preventive action.



The Intervention: De Madres a Hijas – An Intergenerational Educational Program

De Madres a Hijas: An initiative for 1st generation Latina mothers and their 2nd generation Latina daughters represents an innovative approach to improve HBOC knowledge. Through this intergenerational program, mothers and daughters which may be at risk for HBOC have effectively learned together and from each other. This was a first-of-its-kind community-based program providing life-saving education using a health equity lens for the under resourced Latina population.

Overall, Nueva Vida's Program De Madres a Hijas has educated 48 Latinas (24 1st generation Mothers & 24 2nd generation daughters with the overall goal to increase adult Latina mothers/daughters' knowledge and awareness about Hereditary Breast and Ovarian Cancer (HBOC) risk, enhance their talking about familial HBOC risk with relatives, and develop an "action plan" to make educated decisions on their own health. Quantitative analysis showed an overall increase in awareness and knowledge, intent to practice risk reduction strategies and high satisfaction with the program.



Project Description

De Madres a Hijas is a health workshop that has improved hereditary and ovarian cancer knowledge (HBOC), increased risk reduction skills and empowered daughters to make educated decisions on their own health.

Plans for Expansion & What Comes Next

Nueva Vida’s next steps includes the piloting of De Madres a Hijas widely across various Latino health organizations and programs nationwide. If successful, this will result in millions of Latino women feeling educated and empowered to take charge of their health, seek genetic counseling and testing and take risk-reducing action, thereby saving countless lives.

De Madres a Hijas Data over the Last Two Years has Shown:

- 91% of Mother/daughter dyads show increased knowledge of breast and ovarian health.
- 83% of Mother/ daughters show increased knowledge of how family history impacts individual risk & commitment to increased participation in risk reduction strategies.
- 96.6% of Mother/ daughters reported satisfaction of the program.

PRE & POST SCORES TO ASSESS AN INCREASE IN KNOWLEDGE OF HBOC AMONG DAUGHTERS

