



BENCH TO
COMMUNITY
INITIATIVE

2023

Impact REPORT

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Trainees, Health Equity
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Stay Connected



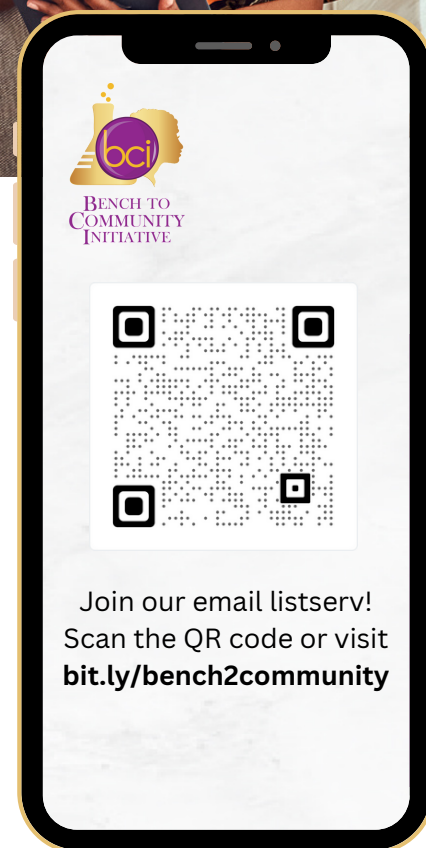
ABOUT THE BENCH TO COMMUNITY INITIATIVE (BCI)



About BCI

BCI is a community-based participatory research (CBPR) project that aims to develop community and policy interventions that reduce exposure of harmful chemicals from personal care products and breast cancer risk for Black people.

The team includes multidisciplinary researchers, community advocates, breast cancer survivors, and hair stylists dedicated to achieving health equity and committed to research and legislative efforts geared towards eliminating harmful exposures to chemicals in hair and other personal care products.



Stay Connected



@bench2community
www.bench2community.org

MEET THE TEAM

Learn more about each team member online at bench2community.org

Community Advisory Board



Tonya Fairley, CT



Tiah Tomlin-Harris, MS



Bing Turner, MPH



Maggie Hawkins,
MPH, CHES



Pastor Rhonda
Holbert, M.Min.

Investigators



Dede K. Tete,
DrPH



Lindsey Trevino,
PhD



Jazma Tapia,
PhD



Jenna Hua, RD,
MPH, PhD



Tiffany Bernard,
PhD

Trainees



Jessica Vinegar, MPH



Jared T. Bailey, MPH



Nicole Sarkaria, BS



Aidea Downie, MA

Health Equity Ambassadors



Emily Cauble, MA



Desiree Oyeade

Staff



Jillian McDonough



Abigail Lopez, MPH

Health Equity Ambassadors without a photo: Audrey Shin and Ashley Zamora

OVERVIEW OF ACCOMPLISHMENTS

Research

2 NIH grants awarded

2 manuscripts pending submission

2 poster presentations

1 oral presentation

1 published manuscript

Advocacy

1 advocacy training for BCI Community Advisory Board (CAB) members

Outreach and Engagement

7 community presentations

6 community educational events

2 Salon Conversations in collaboration with My Style Matters Inc.





RESEARCH

This year, the BCI research team developed two trainee-led manuscripts pending submission. BCI also received two NIH grants to develop new interventions.

NIH Grants

Click on the “learn more” buttons for more information about each upcoming project.

NIH/NIMHD K01 (PI: Tete) awarded, started September 2023

[Learn More](#)

NIH/NIMHD SBIR (MPIs: St. Bernard & Tete), started August 2023

[Learn More](#)

Publications

Published

Tapia, J. L., McDonough, J. C., Cauble, E. L., Gonzalez, C. G., Tete, D. K., & Treviño, L. S. (2023). Parabens Promote Protumorigenic Effects in Luminal Breast Cancer Cell Lines With Diverse Genetic Ancestry. *Journal of the Endocrine Society*, 7(8), bvad080. <https://doi.org/10.1210/jendso/bvad080>

[View Publication](#)

Pending Submission

Tapia, J. L., Lopez, A., Turner, D.B., Fairley, T., Tomlin-Harris, T., Hawkins, M., Holbert, R., Treviño, L.S., Tete, D.K. The Bench to Community Initiative : A community-based participatory research model for translating research discoveries into community solutions.

[View Preprint](#)

Pending Submission

2) Vinegar, J., Ericson, M., Espinoza, L., Dawkins-Moultin, L., Tete, D.K. Perceived Everyday Discrimination, Socioeconomic Status, and Mammography Screening Behavior.

RESEARCH

Trainees bring new ideas and perspectives to BCI. This year, Jazma Tapia, PhD, Jared T. Bailey, MPH, and Nicole Sarkaria, BS presented abstracts of our work at local and national conferences.

Poster and Oral Presentations



Jazma Tapia, PhD | Society of Behavioral Medicine Conference (SBM) (Poster Presentation)

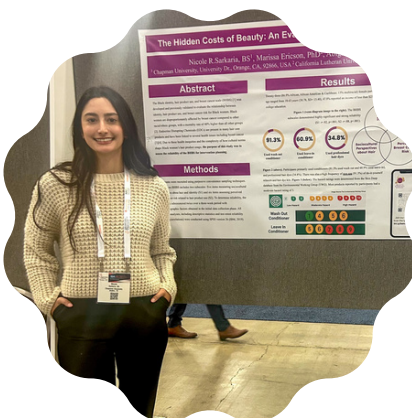
Abstract title: "Exposure to Chemicals in Do-it-Yourself Relaxers is Associated with Increased Risk of Breast Cancer Diagnosis in Black Women"

[View Poster](#)

Jared T. Bailey, MPH | Morehouse School of Medicine Research Symposium (Oral Presentation)

Presentation title: "Black Breast Cancer Survivors' Sociocultural Perspectives of Beauty, and Use of Personal Care Products Containing Endocrine Disrupting Chemicals"

[View Poster](#)



Nicole Sarkaria, BS | San Antonio Breast Cancer Symposium (SABCS) (Poster Presentation)

Abstract title: "The Hidden Cost of Beauty: An Evaluation of Breast Cancer Risk for Black Women"

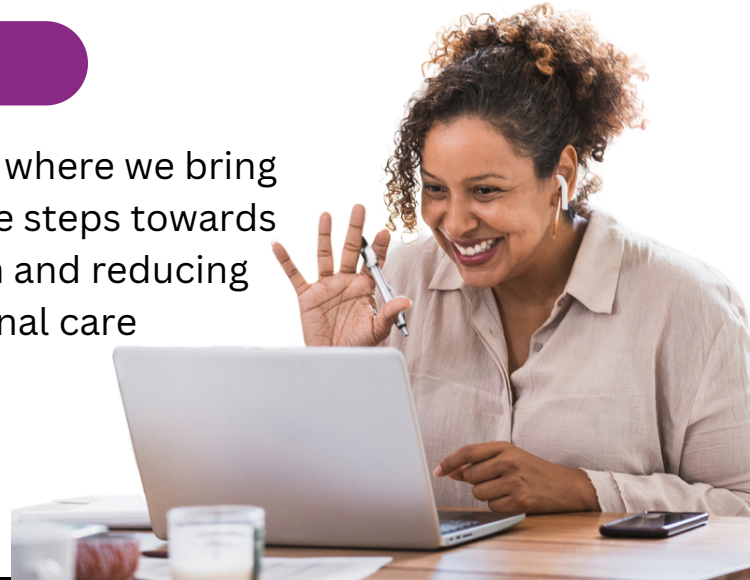
Download a copy of the infographic by joining the email listserv. Visit bit.ly/bench2community to join.

[View Poster](#)

OUTREACH AND ENGAGEMENT

Salon Conversations

Salon Conversations is a community forum where we bring awareness, educate, and provide actionable steps towards sustainable change related to breast health and reducing exposure to toxic chemicals found in personal care products.



Salon Conversations

EPISODE 12

Let's Talk About Dense Breasts: What is it and what to do if you have it

AUGUST 23, 2023 AT 3 PM PST/6 PM EST



Speaker

JoAnn Pushkin
Executive Director, Dense
Breast Info



Moderator

Tiah Tomlin-Harris, MS
CEO & Co-Founder, My Style
Matters Inc.



Register now! Scan the
QR code or visit
bit.ly/SC_register



Episode 12

Let's talk about dense
breasts: What is it and what
to do if you have it

Aug
23

Episode 13

How to perform a breast
self-exam

****Recording available on**

Youtube

@bench2community**

Oct
10

EPISODE 13

Salon Conversations

How to Perform a Breast Self-Exam

OCTOBER 10, 2023 AT 4 PM PST/7 PM EST



Speaker

Rhonwynn Dozier MMSc,
BSN, RN, PA-C



Moderator

Tiah Tomlin-Harris, MS
CEO & Co-Founder, My
Style Matters Inc.



Register now! Scan the
QR code or visit
bit.ly/SCBSE



OUTREACH AND ENGAGEMENT

Social Media January 1, 2023-December 6, 2023



360 followers

142 new followers



Reach: 16,107



859 followers

90 new followers



Reach: 1,456

Reach on Instagram and Facebook is the total number of unique users who have seen a particular piece of content.



94 followers

12 new followers

5,385 post impressions

Impressions is a total tally of all the times the content has been seen on the platform.



January 1, 2023-December 12, 2023

46 subscribers

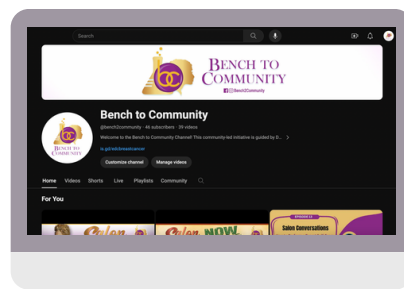
5.9K Impressions

2 new video uploads

- [Salon Conversations Ep .13- How to Perform a Breast Self-Exam](#)
- [Hair Products Linked to Breast Cancer \(Collaboration with Uber Employee Resource Group\)](#)

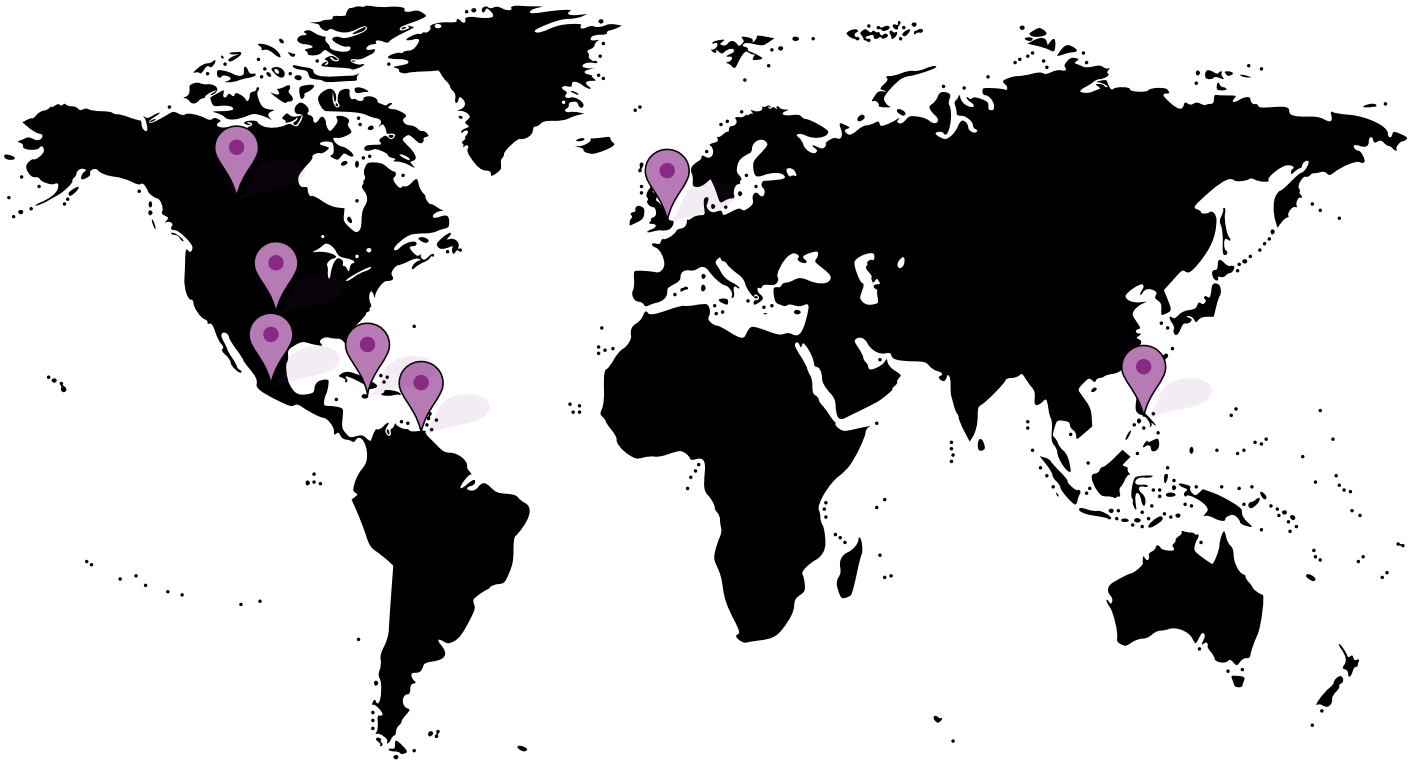


Most viewed video: Salon Conversations: Episode 1



Watch time: 18.5 hrs

Website traffic by Location Top Unique Visitors' Country of Residency



United States

Philippines

Jamaica

United Kingdom

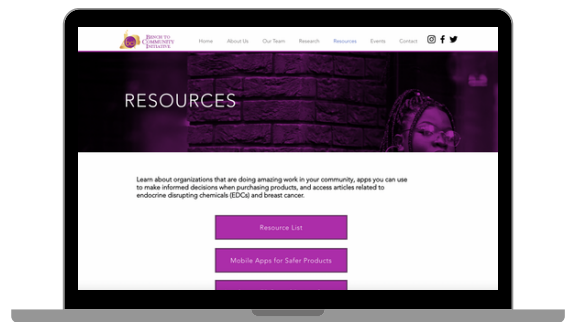
Canada

Trinidad and Tobago

Mexico



Unique Visitors: 797



The most popular page visitors navigate to is the resources page.

Community Presentations



How Does Beauty & Personal Products Affect Your Health?



Tiah Tomlin-Harris, M.S.
Founder, My Style Matters, Inc.

D. Bing Turner, MPH
Co Founder, Heritage Wellness Collective

Dede K. Teteh, DrPH
Assistant Professor, Chapman University

Is This a Toxic Relationship? - Personal Care Products and Breast Cancer

May 24th at 6 PM ET/ 3 PM PST
[Click here to register](#)

DID YOU KNOW?

Exposure to toxic ingredients in personal care products may increase risk of breast cancer. Tune in to the discussion to learn more about resources and what you can do to lower your exposure and improve your breast health.



Tiah Tomlin-Harris, MS
Founder, My Style Matters Inc.



Dede K. Teteh, DrPH
Assistant Professor of Public Health, Chapman University



Jazma Tapia, PhD
Postdoctoral Fellow, City of Hope Comprehensive Cancer Center

Co-Moderators:

Hon. **Judy H. Kim**, Acting Justice, New York State Supreme Court, New York County; Co-President, JALBCA
& **Carmen Burnett**, Lead Paralegal, Uber; Board Member, JALBCA

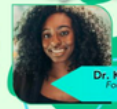
Sponsored by Judges and Lawyers Breast Cancer Alert (JALBCA) and the Bench

Black Women, Haircare, and Our Health

At the KJLH Women's Health Expo

Speakers

Learn about ingredients found in hair relaxers, skin lighteners, and hair dyes specifically marketed to Black women and their impact on our health.



Dr. Kelly McCleary
Founder and CEO
Hairtage



Dr. Dede Teteh
Assistant Professor
Chapman University



Dr. Astrid Williams
Environmental Justice Manager
Black Women For Wellness

Learn more: bit.ly/43eswzD

Giveaways, Prizes, \$100 Gift Card...

STOP BY THE CBHN BOOTH FOR A CHANCE TO WIN!

Environmental Fridays
(April 2023)

Judges and Lawyers Breast Cancer Alert (JALBCA)
(May 2023)

California Black Health Network, Inc., KJLH Women's Expo
(June 2023)

My Hair My Health
(August 2023)

Living Beyond Breast Cancer Knowledge is Power: The Black Breast Cancer Experience
(September 2023)

Game Changers w/ Fabian Lyon
(September 2023)

bc pp Breast Cancer Prevention Partners
Exposing The Cause Is The Cure



Better Black Beauty Ambassadors Training
(September 2023)

Community Educational Events



BCI team attended community educational events to facilitate DIY toothpaste and body scrub activities and share resources on how to reduce exposure of harmful chemicals. Check out the recipes on the next page. View our DIY product recommendations on Amazon! Click the button below to view.

[View DIY Products](#)

Event (Organization Partner)	Date
Mental Health Matters (Healthy Heritage Movement)	4/20/23
MAP Conference (SET For Life)	4/29/23
Love L.I.F.E Celebration (SET For Life)	6/10/23
Summer Bible Art Project (SET For Life)	7/18/23
Empowering Teen Voices (YWCA)	8/12/23
My Hair My Health (RCHF, Healthy Heritage Movement, City of Riverside, San Bernardino County)	8/27/23

DIY Toothpaste

1. Pour 2 tsp of baking soda into a small mixing bowl
2. Add 1-2 tbsp of coconut oil
3. Mix baking soda and coconut oil until it becomes a paste
4. Put mix into container

Ingredients



Coconut Oil Baking Soda

DIY Body Scrub

1. Pour 1 cup of brown sugar into a mixing bowl or container
2. Add 1/2 cup of organic coconut oil (in solid form)
3. Add 1 teaspoon of ground cinnamon
4. Add 1-2 tablespoons of coffee grounds

Ingredients



Coconut Oil Brown Sugar



Coffee Grounds and cinnamon are optional.

[View DIY Products](#)

ADVOCACY

Advocacy Training

Shannon Lawrence, Founder of iCan Lead, facilitated an advocacy training to equip BCI Community Advisory Board (CAB) members with the knowledge, skills, and strategies to effectively engage in legislative advocacy efforts related to endocrine-disrupting chemical exposures and breast cancer risk, as well as other community issues and concerns. Shannon will facilitate three additional trainings in 2024.

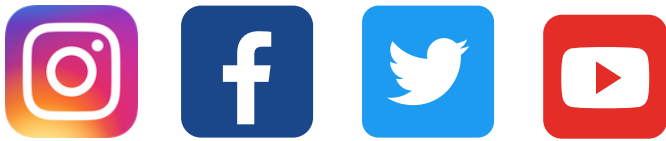


Shannon Lawrence, Founder,
iCan Lead

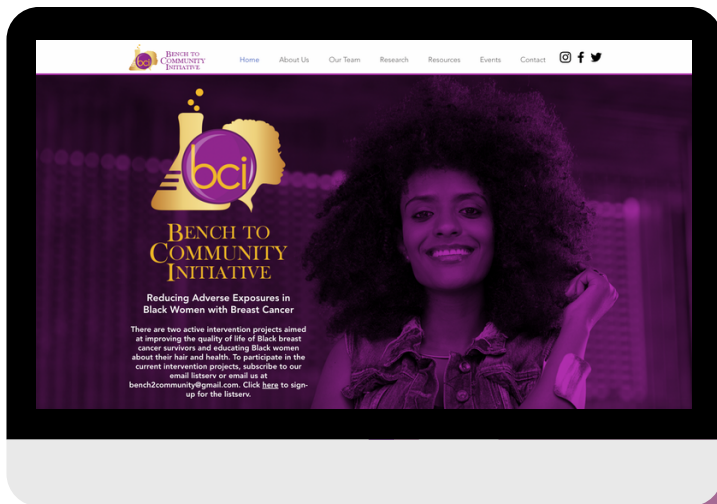


In the photo at the Shepherd's Manor: **Front row:** Pastor Rhonda Holbert and Tiah Tomlin-Harris. **Middle row:** Dr. Dede K. Teteh and Bing Turner. **Back row:** Maggie Hawkins and Abigail Lopez.

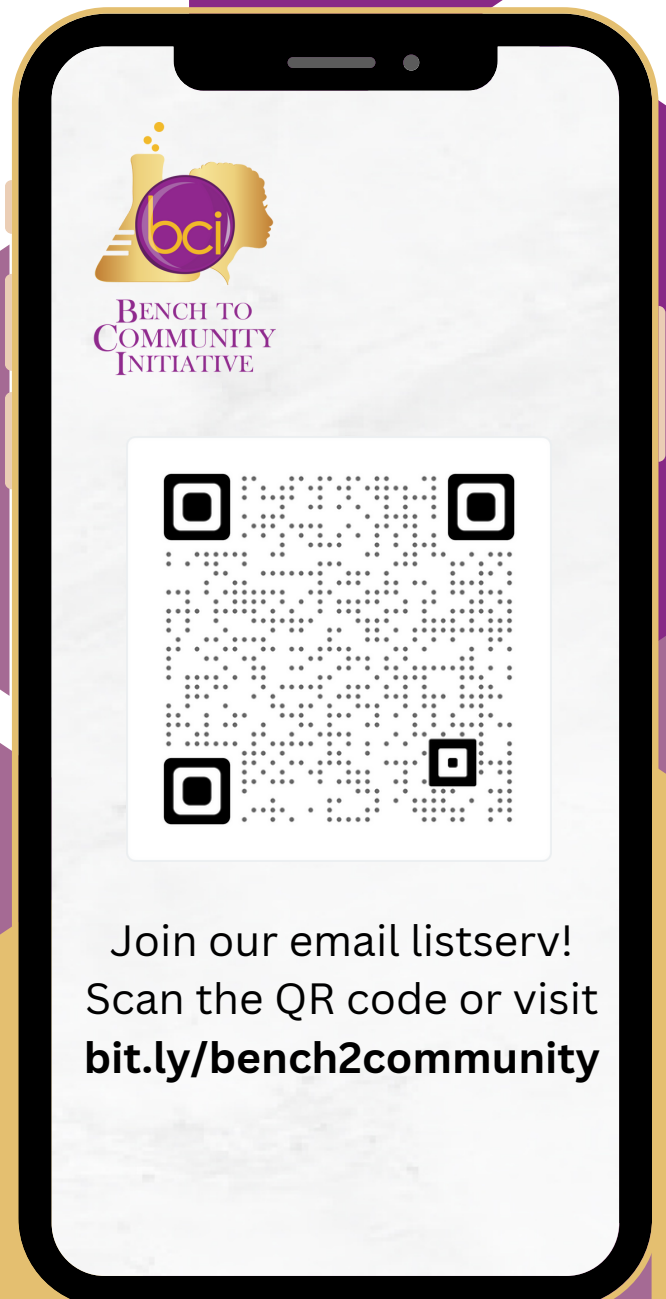
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