

## 2025 Wisconsin Cancer Summit Panel Discussion: Survivorship

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Thursday, September 25<sup>th</sup>, 2025

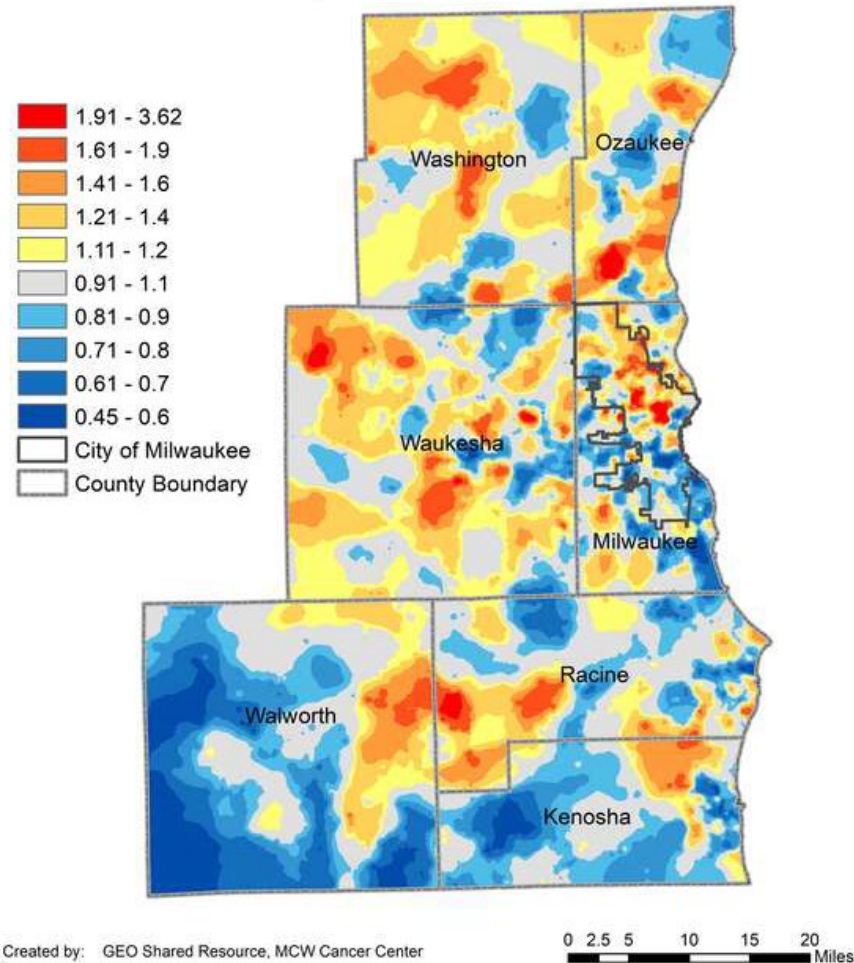


# Framing Survivorship

Survivorship: both preventing cancer and living beyond it.

*“Black men in Milwaukee face some of the worst cancer disparities in the nation — they are diagnosed at higher rates and die from cancer at nearly twice the rate of White men.”*

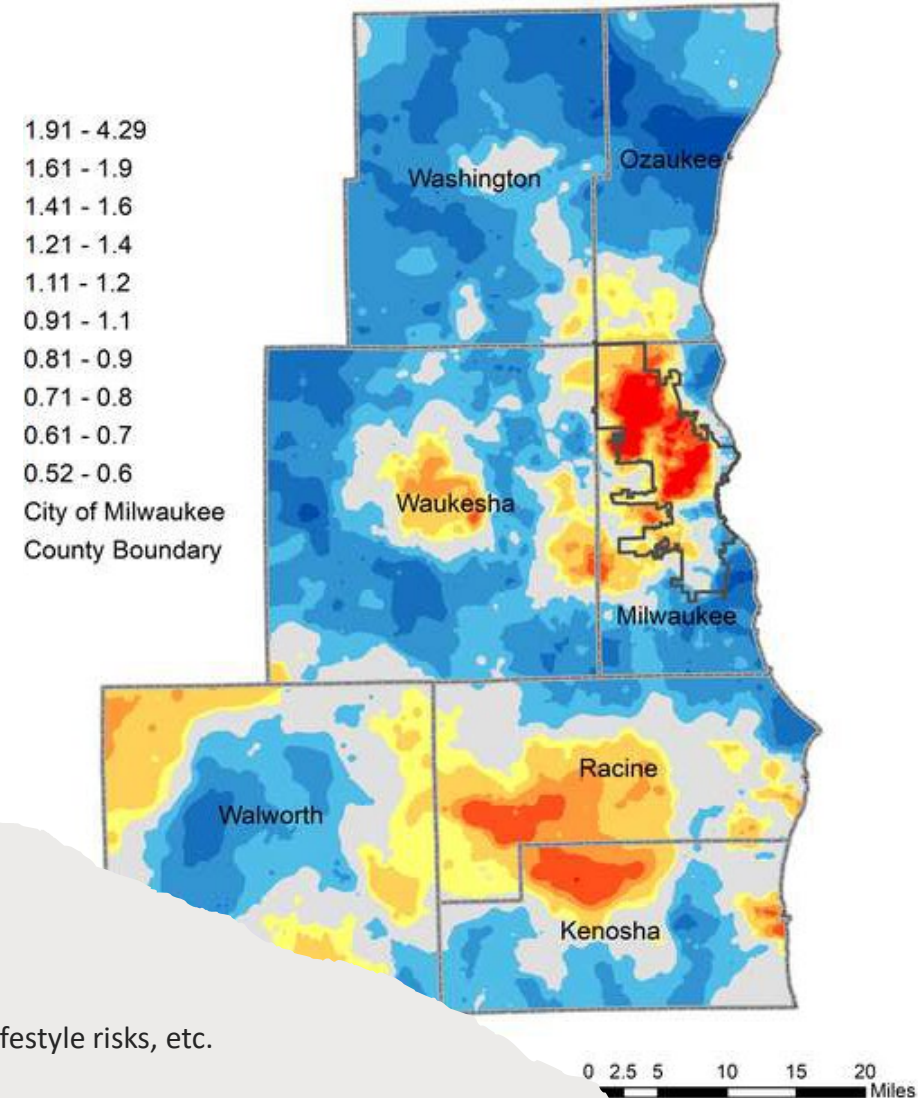
rates than expected and blue areas indicate lower rates than expected, given the regional rate. Areas without color exhibit rates close to the regional rate.



Created by: GEO Shared Resource, MCW Cancer Center  
Wisconsin Cancer Reporting System, 2014-2019

## Prostate Cancer Mortality Rate Southeastern Wisconsin, 2015-2020

The prostate cancer mortality rate is indirectly age standardized and smoothed using adaptive spatial filtering. A grid of points is used to estimate mortality rates continuously across the map, based on the 20 closest mortality cases. Red areas indicate higher rates than expected and blue areas indicate lower rates than expected, given the regional rate. Areas without color exhibit rates close to the regional rate.



## The Challenge

Gaps in men's health and survivorship: stigma, late screenings, lifestyle risks, etc.

# Introducing Men Moving Forward

*“African American men report worse quality of life. They’re interested in lifestyle programs, but few resources are available. With lifestyle changes, we think they will improve their quality of life and chances of living longer.”*

*-Dr. Melinda Stolley*



# Core Focus Areas

Guideline 1: Maintain a Health Weight

Guideline 2: Be Active

Guideline 3: Eat a Variety of Health Foods

Guideline 4: Limit Your Alcohol



# The Men Moving Forward Lifestyle Program for African American Prostate Cancer Survivors: From Research Study to MKE Rec Program

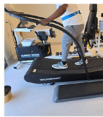
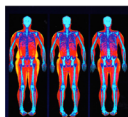
Melinda Stolley, Leonard Wilson, Ambrose Wilson-Brown, Margaret Tovar, Iwalola Awoyinka, Patricia Sheean, Paula Papanek, Toni Uhrich, Sandra Contreras, Meheret Gebreegzabher, Estefania Alonso, Jayme Ewens, Shannon Reed, Diana Navarro Suarez, Kathleen O'Connell, Kathryn Flynn, Kathryn Bylow, Deepak Kilari and the Men Moving Forward Participants

## Program Background

- African American men have the highest prostate cancer (PC) mortality in the US, due to a myriad of socio-biological factors.
- Given advances in screening and treatment the 5-year PC survival rate is 97%.
- However, PC treatments can cause muscle atrophy and reduced physical functioning and quality of life (QoL).
- While lifestyle intervention trials have shown positive results, most were not inclusive of Black men.
- Men Moving Forward (MMF) is one of the first community-based lifestyle programs developed with and for African American Prostate Cancer Survivors (AAPCS).
- Program effects on diet, physical activity, body composition and quality of life were examined through a partnership with MKE Rec.
- Men Moving Forward is now a standing program within MKE Rec at Marshall High School available to all cancer survivors.

## Program Evaluation

- Randomized, wait-list control trial of a 16-week group-based lifestyle intervention focused on physical activity, nutrition and quality of life.
- All participants completed physical assessments and surveys at baseline, post-program and 12 months.
  - Surveys: eating patterns, physical activity, and quality of life.
  - Physical assessments include body composition (muscle and fat), handgrip strength, 30-second sit-to-stand, and 6MW.
- Men in the waitlist control group received the program after the 16-week waiting period.



## Program Description

- Promotes adherence to American Cancer Society guidelines (ACS)

ACS Nutrition and Physical Activity Guidelines for Cancer Survivors

**Be active**

- Avoid inactivity and return to normal daily activities as soon as possible after diagnosis.
- Aim to exercise at least 150 minutes per week.
- Include strength training exercises at least 2 days per week.

**Eat a variety of healthy foods from plant sources**

- Limit the amount of processed meat and red meat you eat.
- Eat 2 1/2 cups or more of vegetables and fruits each day.
- Choose whole grains rather than refined grain products.

**Get to stay at a healthy weight**

- If you have overweight or obese, limit high-calorie foods and beverages and increase physical activity to promote weight loss.

- Group-based and coach-led.
- 2x weekly classes:
  - Class 1: 60-min prostate cancer and lifestyle education and support, 60-min exercise
  - Class 2: 60-min exercise only
  - Supervised exercise classes incorporate cardio, strength-training, and stretching.

### MMF Coaches

Leonard Wilson



Ambrose Wilson-Brown



### MMF Program Weekly Topics

Week "0"	Introduction to Men Moving Forward
1	American Cancer Society Guidelines and Goal Setting
2	Stress and Your Mind, Body, and Behavior
3	Plant Based Eating: What is it and how do I do it?
4	Tracking: What, Why, When, and How
5	Body Composition – Why body fat and muscle matter
6	Plant Based Food Storage and Meal Preparation
7	How we make changes – from new beginnings to habits
8	Self-Reflection + Goal Setting
9	Prostate Cancer Survivorship: Answers to common Questions
10	Plant Based Meal Planning and Preparation
11	Sexual Health: Why Lifestyle Matters
12	Self-Reflection and Evaluation
13	What Helps and What Gets in The Way
14	Recognizing and Dealing with Setbacks
15	Maintaining Changes to Become Habits
16	CELEBRATE YOURSELF! & Keep Moving Forward



## Program Evaluation Results

### Participant Characteristics (N=120)

- Age:** 67 years (range 45-82 years old)
- Marital status:**
  - Married or living with a partner (56%)
  - Divorced (21%)
- Education:**
  - less than high school (16 men, 13%)
  - high school or GED (27 men, 23%)
  - some college (50 men, 43%)
  - college or graduate school (24 men, 20%)
- Work Status:**
  - Retired (58 men, 50%);
  - Worked full/part-time (32 men, 26%)

### Program Outcomes

- Weight loss**
  - Average of 8 lbs.
  - Increase in muscle, decrease in fat
  - Decrease in waist circumference
- Increased Physical Activity**
  - Increased moderate physical activity (e.g., brisk walking, bicycling)
  - Increased strength training
- Improved Eating Patterns**
  - Increase in vegetables, salads, whole grains
  - Decrease in calories, fat, red and processed meat
- Better Mood**
  - Depression scores improved
- Better Sleep**
  - Sleep disturbance scores improved

## Conclusions

- African American men with prostate cancer are interested in lifestyle programs
- Men participating in the program demonstrated significant changes in body composition (muscle and fat), eating patterns, physical activity, strength, mood and sleep.
- Results still to come include biomarkers of general health (hemoglobin A1C, blood pressure, lipids, allostatic load) and prostate cancer recurrence risk (PSA, inflammation, insulin resistance)
- Study results reflect the value of supporting AAPCS in lifestyle changes.

## Testimonials

- "It was really eye-opening for me to meet all these men from different backgrounds and meet others who also were going through the same thing was."
- "Most of us guys were only able to do about 5 push-ups in the beginning and now we're all doing 3 sets of 34 like it's nothing."
- "Men Moving Forward met me where I was and made me a better person today."

Monday, February 18, 2022  
Men Moving Forward (MMF) Team

We have observed and wish to call to your attention the outstanding MMF program results and value of participation of African American Men and Ambrose Wilson.

During the MMF program many of us were challenged, frustrated and discouraged with progress, motivation, skills and being around ourselves. Most of us didn't know how to live with the reality of Prostate Cancer.

After a voluntary MMF assessment with feedback, we launched into a series of two days a week, strength training, nutrition, and lifestyle education sessions and health screenings, treatment planning. This is a holistic approach to grappling with the other prostate cancer.

Our Coaches created and maintained an environment that is safe, welcoming, healthy and understanding the most prostate cancer patients and social life. It's a place where change, to each week we try, we begin to feel physically stronger and mentally stronger, who with a more positive attitude and better prepared to do the work required to move forward beyond the negative feeling we had before entering the program.

Over these training sessions MMF has had a profound, widespread and highly favorable impact on our physical wellness and quality of life. We have had some unexpected highlights against the effects of prostate cancer. We believe these achievements about how our bodies changed, we have grown stronger and become more resilient.

We learned we were more than we believed, stronger than we seemed and more than we thought. We're going to continue to work on it and be successful.

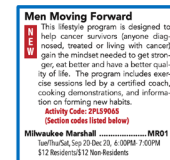
James Baldwin said, "Not everything that is faced can be changed, but nothing can be changed until it is faced." Our African American culture is a source of strength, and very much a source of our MMF success.

We just wanted to ensure program directors and decision makers were fully aware of our success. After completion of the program and these two professional and highly respected.

## What's Next?

Thank you to the men who participated in MMF for their time and effort. The funding was provided by NCI 5R01CA229546.

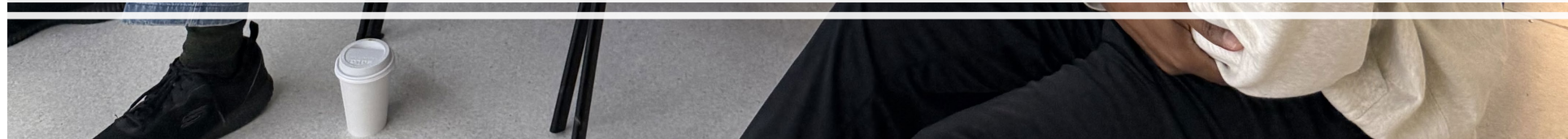
Men Moving Forward is now a standing MKE REC program!







## Survivorship in Action



# Learnings and Takeaways





# Prevention in Action

- Awareness
- Education
- Screenings



# Health Griots

*To reduce health disparities and improve outcomes by using narrative power, trusted relationships, and community-based strategies to promote cancer awareness, prevention, and early detection—especially among underserved populations*



## Overview

Health Griots is a community-rooted initiative led by the Community Outreach and Engagement Office at the Medical College of Wisconsin Cancer Center. The program equips trusted community ambassadors—our Griots—to share vital health education, promote cancer screenings, and support healthier lives through culturally responsive storytelling and connection.

## What We Do

- ✓ Health Education
- ✓ Community Events
- ✓ Ambassador Training
- ✓ Resource Navigation
- ✓ Collaborative Partnerships

## Why It Matters

Black and Brown communities continue to face higher cancer mortality rates due to systemic barriers to care and low screening rates. Health Griots serve as cultural connectors—bridging the gap between trusted medical information and real community needs.

## Focus Areas

Faith-Based Organizations  
Formerly Incarcerated  
Individuals  
Health Lifestyle  
Veterans

## Hear Our Story

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Thank You  
for Listening.

