

## Risk Factor Monitoring and Methods Branch Applied Research Program

### Overview

The mission of the Risk Factor Monitoring and Methods Branch (RFMMB) is to contribute to reducing cancer in the U.S. population by serving as a critical link between etiologic research on cancer risk factors and its translation into targeted and effective interventions for prevention.

The RFMMB carries out its mission by:

- Monitoring cancer-related behaviors and other risk factors in the general population and selected subpopulations
- Developing and improving the methods to assess such factors
- Providing data to assist in formulating public policies that address these factors.

### Areas of Research

Working collaboratively with government and academic researchers, RFMMB staff focus their research on the following areas:

- Diet
- Physical activity
- Tobacco use
- Sun exposure
- Obesity policy
- Health disparities
- Biomarkers

### Funding Opportunities

For information on RFMMB Program Announcements (PAs) and other funding mechanisms, see

<http://appliedresearch.cancer.gov/about/rfmb>

### Surveys & Studies

Staff conduct secondary analyses of national survey data to monitor risk factors in the population. RFMMB also supports the development of additional surveys and studies to meet particular purposes. For example:

- NCI has sponsored the **Tobacco Use Supplement** to the U.S. Census Bureau's **Current Population Survey (TUS-CPS)**, a key source of national and state data on smoking, other tobacco use, tobacco control policies, and cessation advice.
- NCI provided funds to the National Center for Health Statistics (NCHS) to support a food frequency questionnaire (FFQ) and physical activity monitors in the 2003-2006 **National Health and Nutrition Examination Survey (NHANES)**. NCI has also worked with NCHS to add a dietary screener to the NHANES 2009-10.
- The **Observing Protein and Energy Nutrition (OPEN) Study** assessed dietary measurement error by comparing results from self-reported intake data with four dietary biomarkers.
- The **National Health Interview Survey (NHIS)**, an annual nationwide survey conducted by the NCHS and administered by the U.S. Census Bureau, periodically includes Cancer Control Supplements (CCS). CCS include questions about cancer risk factors such as diet, tobacco use, physical activity, and cancer screening behaviors. RFMMB staff have assessed the validity of dietary screeners used in CCS.
- The **California Health Interview Survey (CHIS)** is conducted continuously and provides population-based, standardized data from California households. Health indicators include diet, physical activity, tobacco use, sun exposure, and cancer screening.

## Tools for Researchers

RFMMB staff have been involved in developing numerous tools that help researchers monitor and assess cancer risk factors.

- **Usual intake estimation**—a method for estimating usual dietary intakes of foods and nutrients from 24-hour recalls and covariates.
- **Healthy Eating Index (HEI)-2010**—measures compliance with the key diet-related recommendations of the 2010 U.S. Dietary Guidelines for Americans.
- **NHANES Dietary and Physical Activity Web Tutorials**—help users understand key concepts and take them step-by-step through analytic procedures.
- **Automated Self-Administered 24-Hour Dietary Recall (ASA24)**—a web-based instrument that uses state-of-the-art automated computer technology. The software can quickly compute nutrient and food group estimates for each recall day.
- **Glycemic Index (GI) Values Database**—provides GI values for foods consumed by adults and queried on various FFQs.
- **Measures of the Food Environment Website**—a compilation of articles that include community-level measures of the food environment, plus many instruments.
- **Dietary Patterns Methods Project**—aims to compare key diet quality indices and their associations with cancer and cardiovascular disease mortality.
- **Short dietary assessment instruments**—measure fruit, vegetable, and dairy consumption and percent of calories from fat, fiber, and added sugar.
- **Diet History Questionnaire (DHQ)**—a FFQ that includes portion size and dietary supplement questions.
- RFMMB makes available instruments including the **TUS-CPS** and certain **dietary screeners for the NHIS CCS, CHIS, and NHANES**.
- **SAS programs to analyze NHANES accelerometer data**—SAS code is available for analyzing Actigraph 7164 Physical Activity Monitor (PAM) data from the 2003-2004 NHANES.
- **Metabolic Equivalent (MET) Values for Activities in the American Time Use Survey (ATUS)**—searchable database of MET values for work, household chores, child care, recreation, and other activities.
- **Standardized Questionnaires of Walking & Bicycling Database**—contains questionnaire items and a list of validation studies for standardized items on walking and biking from national and international physical activity questionnaires (PAQs).

## Working with Us

RFMMB welcomes the opportunity to work with researchers who have similar interests.

RFMMB is proud to participate in the **National Collaborative on Childhood Obesity Research (NCCOR)**, a partnership of the Centers for Disease Control and Prevention, the National Institutes of Health, the U.S. Department of Agriculture, and the Robert Wood Johnson Foundation. NCCOR seeks to improve the efficiency, effectiveness and application of childhood obesity research by developing common measures and methods, evaluating and identifying effective interventions, and assessing policy and environmental changes related to childhood obesity. RFMMB staff led the development of the **Catalogue of Surveillance Systems** and the **Measures Registry**. To access those tools and for more information about NCCOR, visit <http://www.nccor.org>

## Contact Us

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