



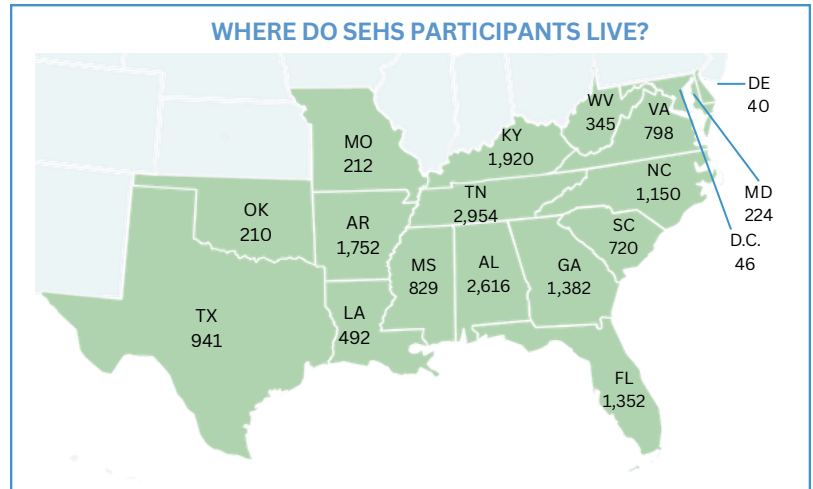
SOUTHERN ENVIRONMENTAL HEALTH STUDY

ANNUAL PROGRESS UPDATE



855-710-9489 | SEHStudy.org/ContactUs

Welcome to the 2026 Southern Environmental Health Study (SEHS) Annual Newsletter. Your Southern Environmental Health Study is in its third year of recruiting participants. By joining this study, you have demonstrated your commitment to improving the health of Americans across the South. You are one of nearly **18,000** people who have joined the SEHS, a group that hopes to be 35,000 strong in the next few years. This study will help us all learn how the environment we live in and the experiences in our lives may affect our health, including risk factors for cancer.



We want to thank you for contributing to this important work. In this newsletter, you will find some data about you, the participants, some updates from us, and a Community Advisory Board spotlight. We look forward to staying connected with you over the course of this project. These newsletters allow us to provide study-related updates as well as important resources. We will continue recruiting adults who are 30-70 years old and collecting wristbands through 2027, so please share the study with your friends, family, and community so that they can join, too! www.SEHStudy.org

With gratitude,

Wei Zheng, M.D., Ph.D. & Martha J. Shrubsole, Ph.D., SEHS Principal Investigators

HAVE YOU FINISHED THE STEPS TO JOIN THE STUDY?

1 SURVEY

Not sure if you have finished the survey?
Contact us to confirm. We can send you a link, a paper survey or call you to complete it.

Over 2,000 people have not finished their survey!

FINISH THE SURVEY

2 WRISTBAND

Lost your wristband or need a new one?
Contact us and we will send a replacement.

Didn't get a wristband? Please make sure you finished your survey.

WEAR WRISTBAND FOR 7 DAYS

3 PAYMENT Once we have your completed survey and wristband, we will send you \$20.

OPTIONAL ACTIVITIES

- 4 **DONATE A SALIVA SAMPLE**
- 5 **DONATE A BLOOD AND URINE SAMPLE**

For questions about sample donation, contact us at SEHStudy.org/contactus

COMMUNITY ADVISORY BOARD MEMBER SPOTLIGHT



Candace Wong, third from left

Your SEHS Community Advisory Board is a small group of community members from across the south. The CAB members represent you, providing advice and suggestions to the study team.

Candace Wong is a teacher from the Mississippi Delta region of Arkansas and a dedicated Community Advisory Board member.

Candace has always been interested in environmental exposures and the possible impact on human health; but cancer is also a personal topic for Candace, as she and her mother were both recently diagnosed and treated for breast cancer. Candace brings her teaching background and deep community connections to contribute to the SEHS. Thank you to Candace and her fellow Advisory Board members for your contributions to our study!

THE VOLO FOUNDATION



We are excited to announce that your SEHS has been awarded a grant from the VoLo Foundation to study potential effects of environmental exposures on the human body. The VoLo Foundation is a private nonprofit organization dedicated to accelerating global impact through science-based climate solutions, education enhancement, and health improvement initiatives. This new funding will allow us to measure more SEHS wristbands and blood samples which, in turn, will help us to better understand how our bodies respond to external exposures.

Learn more about VoLo at volofoundation.org

SEHS ON THE NATIONAL STAGE

In Summer 2025, study Primary Investigators Dr. Wei Zheng and Dr. Martha Shrubsole presented your Southern Environmental Health Study for the National Cancer Institute's Environmental Epidemiology and Cancer Webinar Series. The Southern Environmental Health Study was recently accepted for membership to the National Cancer Institute's Cohort Consortium which helps studies around the world work together to research cancer. The SEHS is also a member of the Cohorts for Environmental Exposure and Cancer Risk (CEEER), a group working to address knowledge gaps in cancer risk factors with a focus on environmental exposures.

To learn more, visit epi.grants.cancer.gov/cohort-consortium and CEEER.org.

“ *It is my hope to provide the necessary resources and information for our community to understand the significance of what this study represents for future generations.* ”

– Candace Wong
SEHS Community Advisory Board Member

30-39 YEAR OLDS CAN NOW JOIN THE SEHS

Did you know that some cancers are becoming more common among people under the age of 50? This is called *early onset cancer*. To make sure that SEHS can help researchers learn more about why this may be happening, we are pleased to announce that **individuals between the ages of 30 to 39 are now eligible to join**. Please share this news with your family and friends who may be in this age range. Anyone living in an SEHS state* and who is between the ages of 30 to 70 can join.

*AL, AR, DE, Washington DC, FL, GA, KY, LA, MD, MS, MO, NC, OK, SC, TN, TX, VA, WV

NEW AGE
ELIGIBILITY:
30-70
YEARS OLD
(WAS 40-70)

ALL ABOUT YOU

The SEHS is still actively recruiting participants, but here is a snapshot of what you and your fellow participants have told us about yourselves.

18,000+
PARTICIPANTS



11,000+
WRISTBANDS
RETURNED



2,300+
BLOOD AND
URINE
SAMPLES
DONATED



56 YEARS OLD
AVERAGE
PARTICIPANT
AGE



60%
REPORT FAMILY
HISTORY OF
CANCER



33%
REPORT
IN-HOME
PESTICIDE USE AT
LEAST 2X PER YEAR



21%
BELIEVE THEY ARE
OFTEN EXPOSED
TO AIR POLLUTION



12%
REPORT
CURRENT
SMOKING



25%
LIVE IN A
RURAL AREA



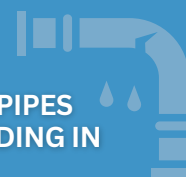
74%
REPORT
DRINKING WATER
FROM PUBLIC SYSTEMS



16%
REPORT
VISIBLE MOLD
AT HOME



20%
REPORT
BROKEN PIPES
OR FLOODING IN
HOME



COMING SOON: THE FIRST FOLLOW UP SURVEY



Your SEHS is excited to launch our first follow up survey. This short survey keeps us up to date on your information. The survey will first be rolled out to people who joined at the beginning of the study. Participants who complete the survey will receive \$15.

We will email or text you an invitation to take this survey

RECIPE IDEA

Looking for a hearty, healthy, budget-friendly meal? Here is one of our favorites.

EASY FOUR-BEAN CHILI

Makes 15 servings!

- 1 (15-ounce) can black beans
- 1 (15-ounce) can kidney beans
- 1 (15-ounce) can butter beans
- 1 (15-ounce) can great northern beans
- 1 (15-ounce) can whole kernel corn
- 2 large bell peppers, diced
- 1 medium onion, chopped
- 1 28-ounce can diced tomatoes
- 1 6-ounce can tomato paste
- 1 package chili seasoning
- 2 cups water

Instructions

1. Drain and thoroughly rinse beans and corn under cool water. Place in a large pot.
2. Add peppers, onion, tomatoes (with juice), tomato paste and chili seasoning.
3. Pour in water. Stir until well-mixed.
4. Cover and cook over low heat for approximately 45 minutes, stirring intermittently.
5. Serve and enjoy!



Serving size: 1 cup Calories: 152 Fat: 1 gram
Carbohydrates: 30 grams Protein: 8 grams
Cost ~ \$12.50 for 15 servings (\$0.83 per serving)
SOURCE: My.VanderbiltHealth.com