



# Afya ya Utumbo (Gut Health): Colorectal Cancer Awareness & Screening for African Immigrants in King County

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## WHY AFYA YA UTUMBO?

- Colorectal cancer (CRC) is preventable, treatable, and beatable, but many in immigrant communities are unaware or face barriers to screening.
- This project addressed those gaps through education, outreach, and culturally sensitive support.

## PROBLEM

- African immigrants in King County have low awareness of colorectal cancer (CRC) and low screening rates.
- Cultural beliefs, language barriers, lack of trust, and limited access contribute to disparities.
- Colorectal cancer is the second leading cause of cancer death in the U.S., but it is largely preventable when detected early.

## OBJECTIVES

- Increase colorectal awareness and knowledge
- Promote colorectal screening and uptake
- Reduce cultural and systemic barriers
- Build trust and partnerships in the community
- Empower community members to advocate for their health

## INTERVENTIONS

### Community Education

- Workshops, health talks, and outreach events.

### Culturally Tailored Materials

- In English, French, Lingala, and Swahili

### Navigation Support & Partnerships

- Assistance with screening appointments and follow-up
- Collaboration with clinics (Health Point), faith-based organizations, and community groups.

### Data Collection & Evaluation

- Surveys, pre/post assessments, knowledge checks, and screening data tracking (ongoing).

## RESULTS

Figure 1. Demographics of the survey participants

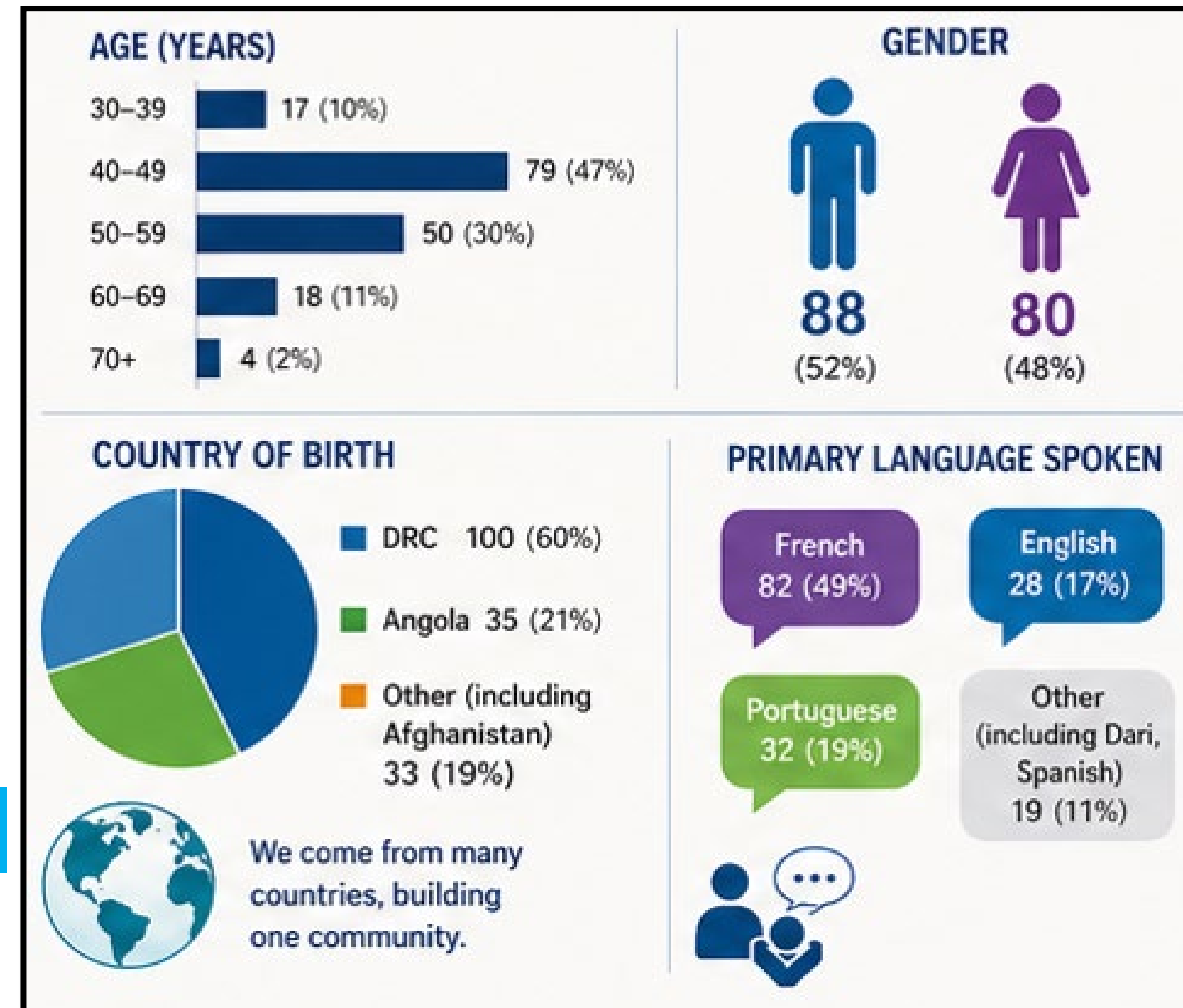


Figure 3. Knowledge about colorectal cancer

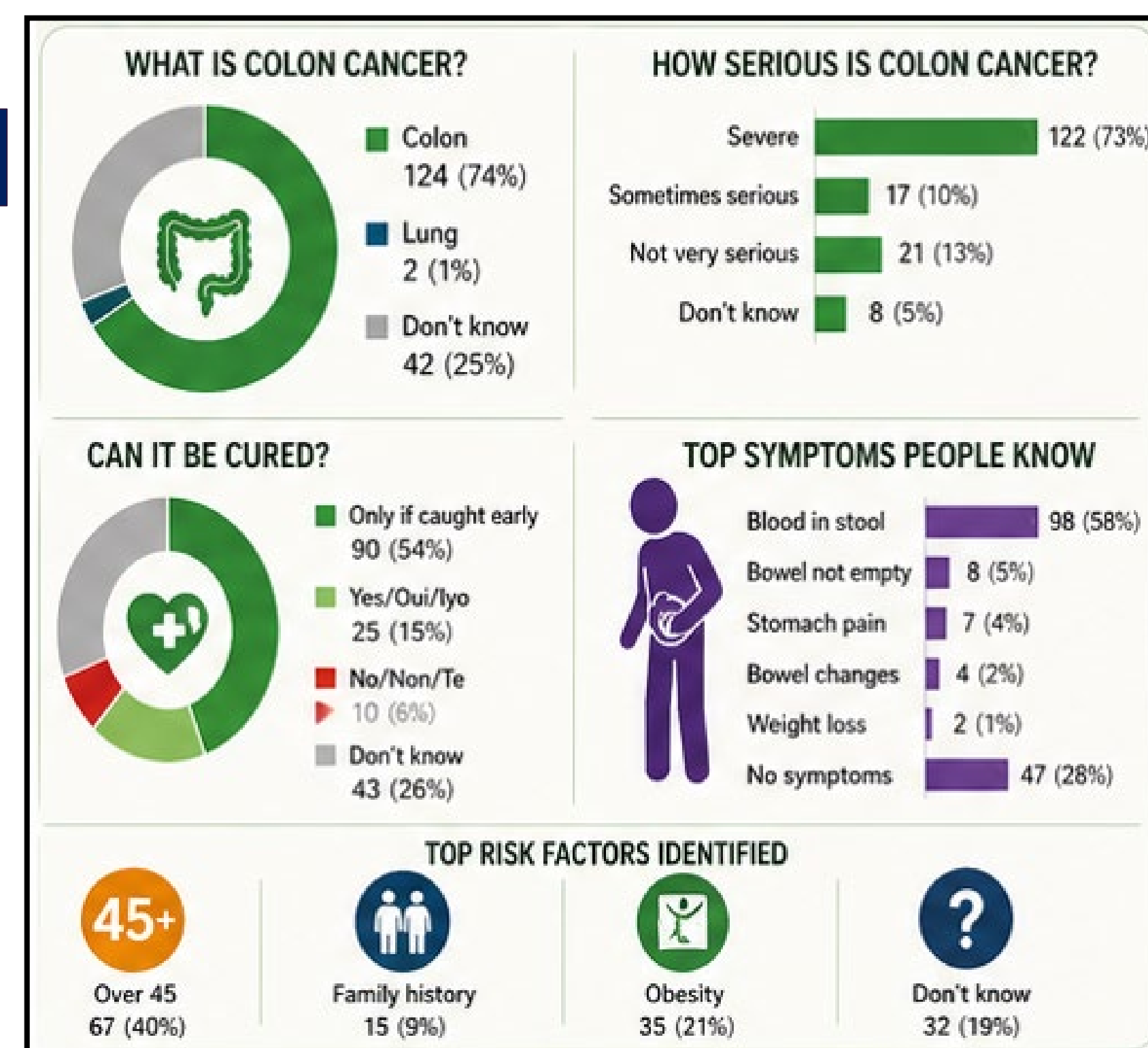


Figure 2. Access to care & communication

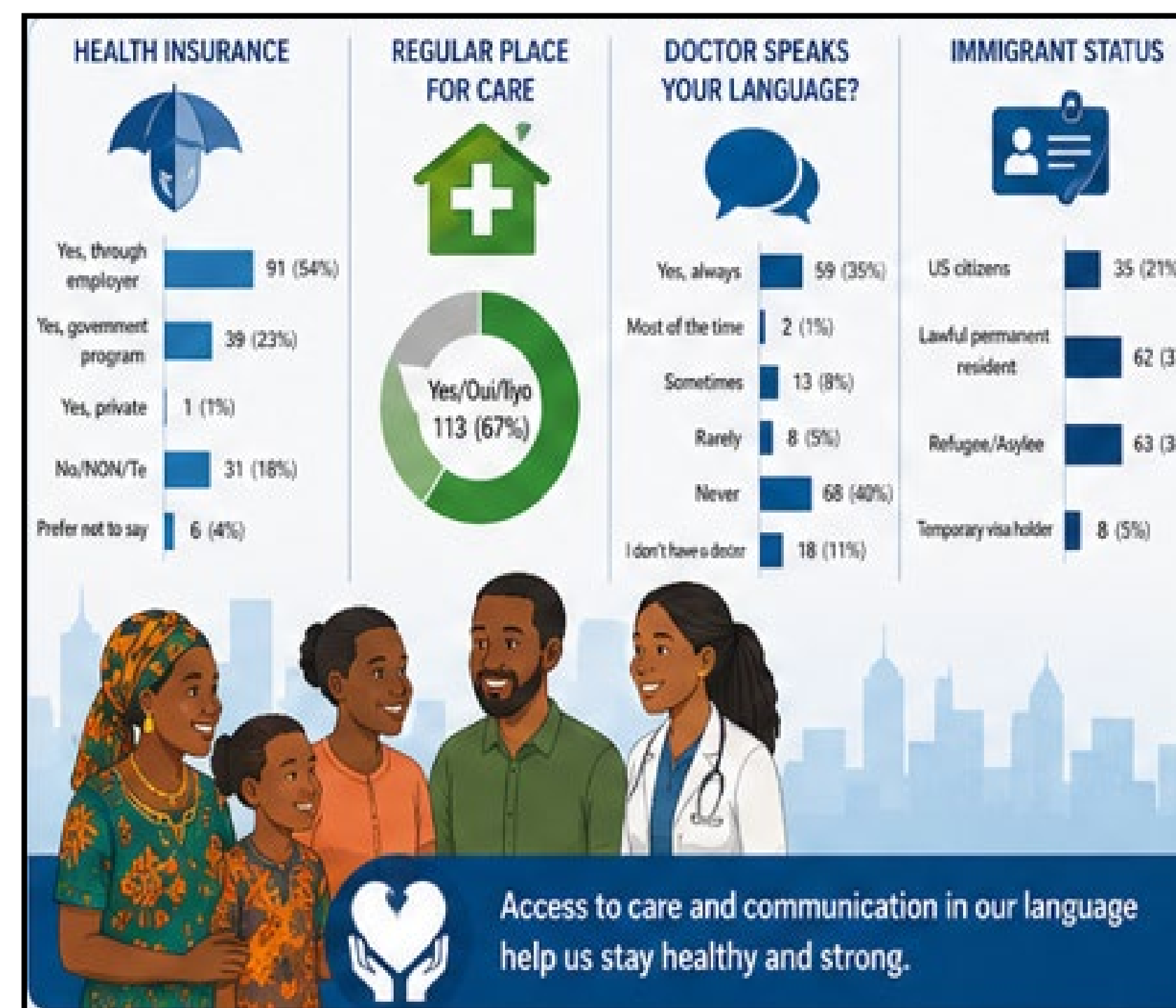
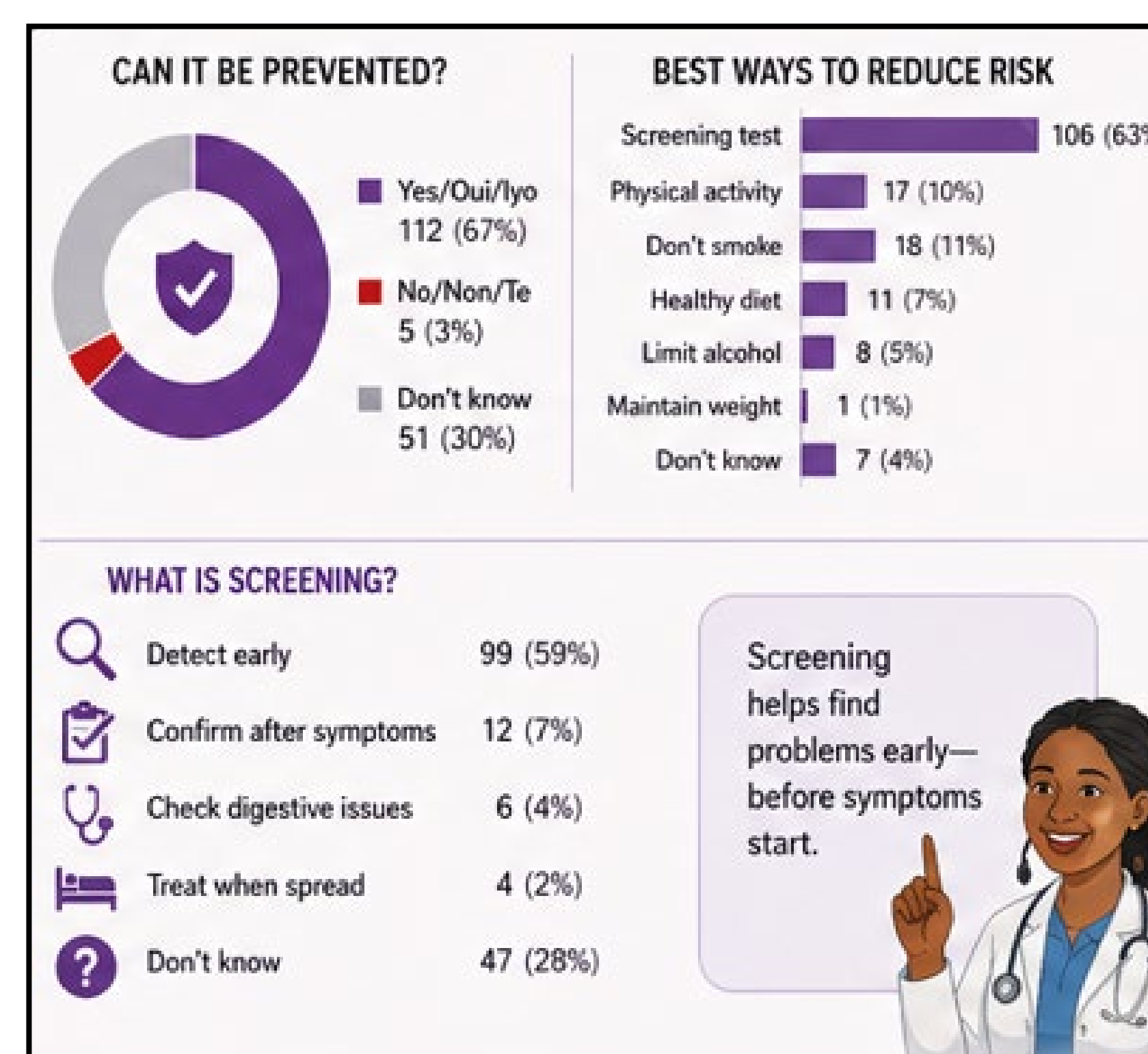
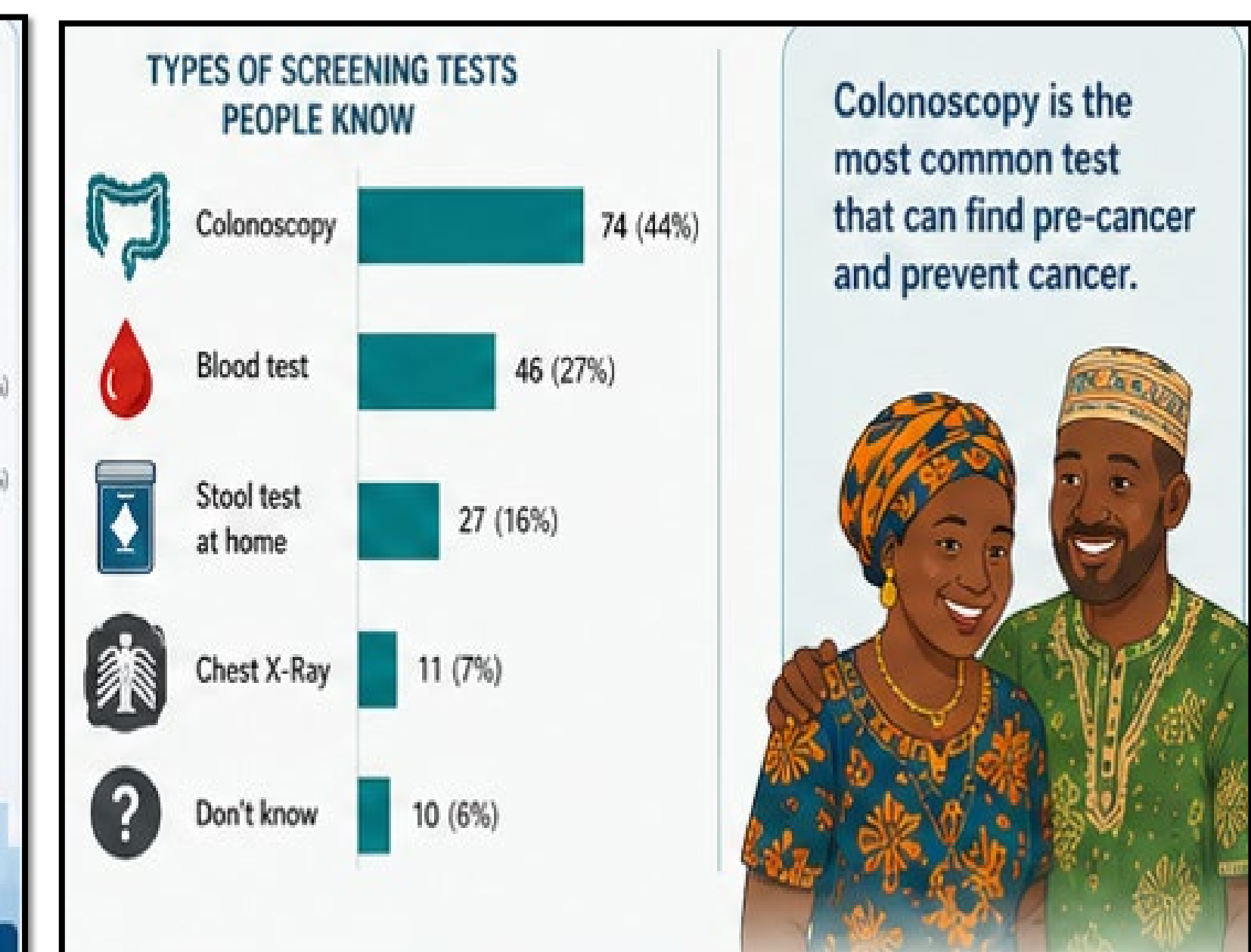


Figure 4. Knowledge about prevention & reducing risks



## RESULTS

Figure 5. Knowledge about colorectal cancer screening options



## CONCLUSIONS

- Our culturally tailored approach effectively increased awareness and screening among African immigrant communities.
- Community trust and partnerships were critical to success
- Addressing barriers and providing navigation support improved screening and uptake.
- Continued investment in culturally relevant outreach is essential to reduce colorectal disparities among immigrant communities.

## NEXT STEPS

- Expand outreach to move to more immigrant communities in King County.
- Strengthen clinical partnership to improve access to screening.
- Continue training of community health ambassadors and create new materials for other cancer types.

## ACKNOWLEDGEMENTS

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“I always thought that colorectal cancer could only affect rich people because we, immigrants, we don’t eat like white people...” Newly arrived asylum seeker

