

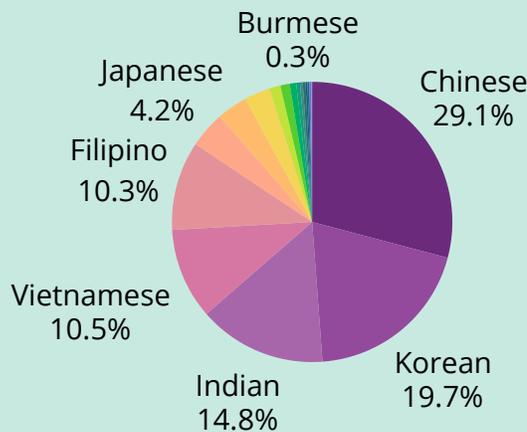


Study Updates

876

Asian Americans registered for the ASPIRE Cohort Study

2026 GOAL:
>8500 participants



ASPIRE Study Participants
(as of 2/24/2026)

770

ASPIRE participants finished their first survey

258

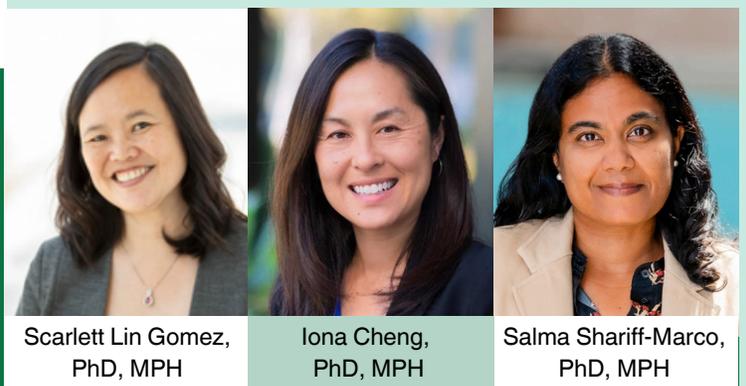
ASPIRE participants finished their second survey

Happy Lunar New Year

As we celebrate the lunar new year and welcome in the year of the fire horse, we'd like to welcome you to our ASPIRE cohort community!

Asian Americans are often generalized as one group in cancer research, but in reality we represent 30 different ethnicities and speak more than 100 languages and dialects. The ASPIRE Cohort study was created by three Asian American women: Drs. Scarlett Lin Gomez, Iona Cheng, and Salma Shariff-Marco. To honor the diversity of Asian Americans the study includes all Asian ethnic groups nationwide.

Drs. Gomez, Cheng, and Shariff-Marcos' research backgrounds and shared passion for studying racial disparities in cancer form a strong foundation for this study that aims to inform future research and cancer prevention efforts for Asian American communities.



Staff Highlight: Iona Cheng, PhD, MPH *Study Investigator*



A founding researcher of the ASPIRE Cohort Study, Iona Cheng, PhD, MPH, started her passion for the work with a powerful question: Who gets seen in cancer research and who is overlooked?

While working on studies like the Multiethnic Cohort Study, looking at how lifestyle, diet, and genetics influence cancer and chronic diseases in diverse US populations, she noticed that Asian Americans were often grouped together, over-generalizing the unique histories and health experiences within different communities. As a Chinese-American herself, she knew those differences aren't small and can shape real cancer risks.

Dr. Cheng, alongside her co-leads, Drs. Scarlett Lin Gomez and Salma Shariff-Marco launched the ASPIRE Cohort Study to change that.

A Note to Study Participants:

“We want to build a strong sense of community among the ASPIRE cohort members such that you truly feel part of this cohort, making a meaningful and important contribution to understanding cancer. We are deeply appreciative of your involvement and hope you continue with us to make it possible to look at the causes of cancer and how to prevent cancer in your families and Asian American generations to come.”

Lunar New Year with Iona

Favorite foods: whole fish, noodles, and mandarins

Favorite activity: decorating my home with flowering quince



Learn more about the
ASPIRE Cohort Study

 <https://aspirecohort.ucsf.edu/>

Have any questions about the study?
Reach out!

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