

Growing Hope: A Comprehensive Lifestyle Intervention for Vulnerable Cancer Survivors

Purpose

Cancer survivors are at risk for suboptimal nutrition due to therapy, poor dietary patterns, higher rates of food insecurity, and susceptibility to unproven dietary practices. We established a 6-month intervention targeting cancer survivors to improve adherence to evidence-based dietary and lifestyle recommendations.

Overweight and obese adult cancer survivors (N=29) were provided bimonthly group education sessions, e-motivational interviewing, and access to an urban garden to harvest fresh fruits, vegetables, and herbs.

Impact

Compared to baseline, survivors significantly improved quality of life, increased vegetable and fruit intakes and total Healthy Eating Index (HEI) scores ($p < 0.001$, $p < 0.001$, $p = 0.022$, $p = 0.006$, respectively).

Over 50 students have been trained and participated in numerous experiential service-learning opportunities (cooking demos, harvesting, survivor education, laboratory collection, data analysis, etc).

Ohio State Colleges/Units Involved

OSUMC, OSU-CCC
CFAES: OSU Extension, Food Science, OARDC
Discovery Themes: InFACT, Foods for Health
JamesCare for Life
Food Innovation Center

Community Partners Involved

Local food pantries
Faith-based organizations
Federally qualified health centers
Non-profit cancer survivor organizations
American Cancer Society



Several students have shared their experiences with other community partners and disseminated their findings via peer-reviewed abstracts, posters, and presentations.

How you can get involved:

- Support our partners
- Funding for research
- Volunteer at Garden of Hope
- Assist with photography and videography
- Social media assistance
- Marketing of efforts

To get involved, contact:

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