

Factors associated with physical activity among survivors of adolescent and young adult cancer: the National Health Interview Survey

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BACKGROUND

- Physical activity (PA) is associated with lower rates of mortality¹ and lower incidence cardiovascular disease² in cancer survivors.
- Survivors of adolescent and young adult (AYA) cancer (diagnosed between ages 15-39) are unlikely to meet PA guidelines set by the American Cancer Society³.
- The factors associated with PA in this population is not well studied.

METHODS

- We identified 5556 AYA cancer survivors from the 1997-2018 National Health Interview Survey that had self-reported PA information.
- Physical activity was defined as: minutes of moderate or vigorous PA (MVPA) in metabolic equivalents per week (MET*min*wk).
- Multiple linear regression was used to determine the demographic and socioeconomic factors that are associated with MVPA.

RESULTS

Table 1: Demographics of Study Population (n = 5556)

Age at Survey, median (range)	49	(18-84)
Years after cancer diagnosis, median (range)	22	(20-70)
Race/Ethnicity, n (%)		
White, Non-Hispanic	4436	(78)
Black, Non-Hispanic	427	(7.5)
Hispanic	529	(9.3)
Asian	113	(2)
Other	171	(3)
NA's	11	(0.2)
Sex, n (%)		
Female	4299	(75.6)
Male	1388	(24.4)

RESULTS, continued

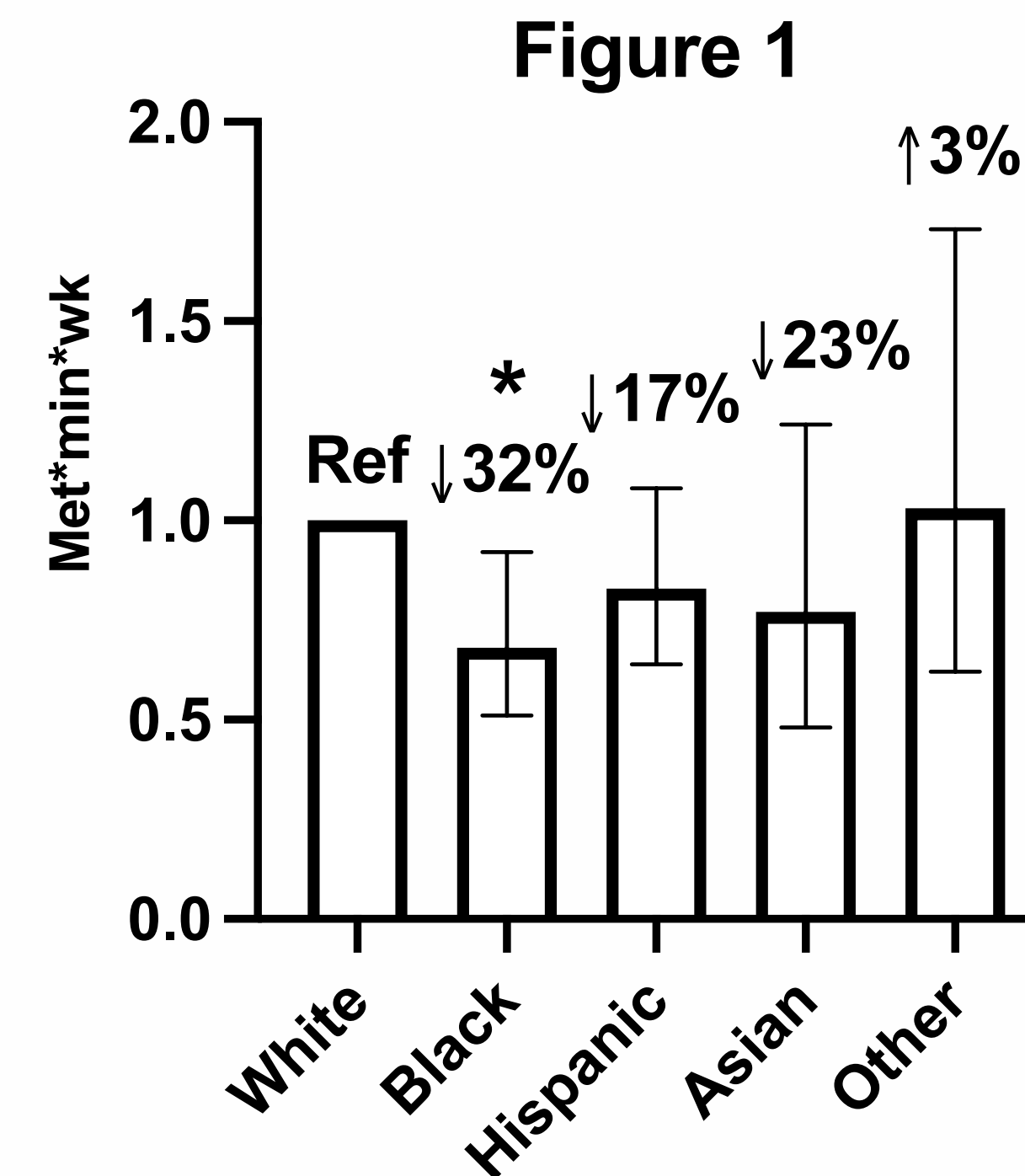


Figure 1: Percent difference in MET*min*wk of MVPA in AYAs of other race/ethnic groups compared to white AYAs. *p = 0.01

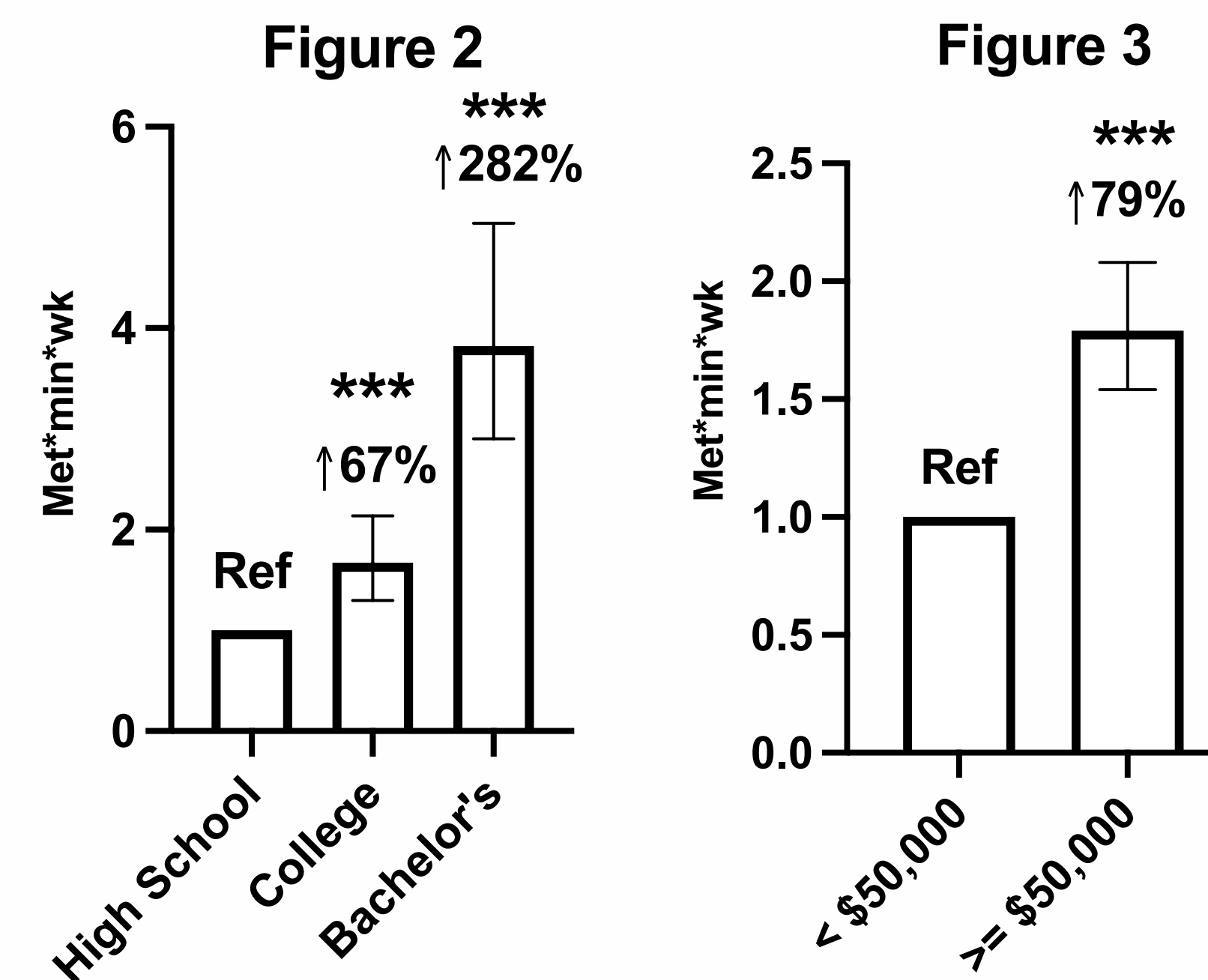


Figure 2: Percent difference in MET*min*wk of MVPA in AYAs with college and bachelor's degrees compared to those with high school degrees. ***p<0.0001

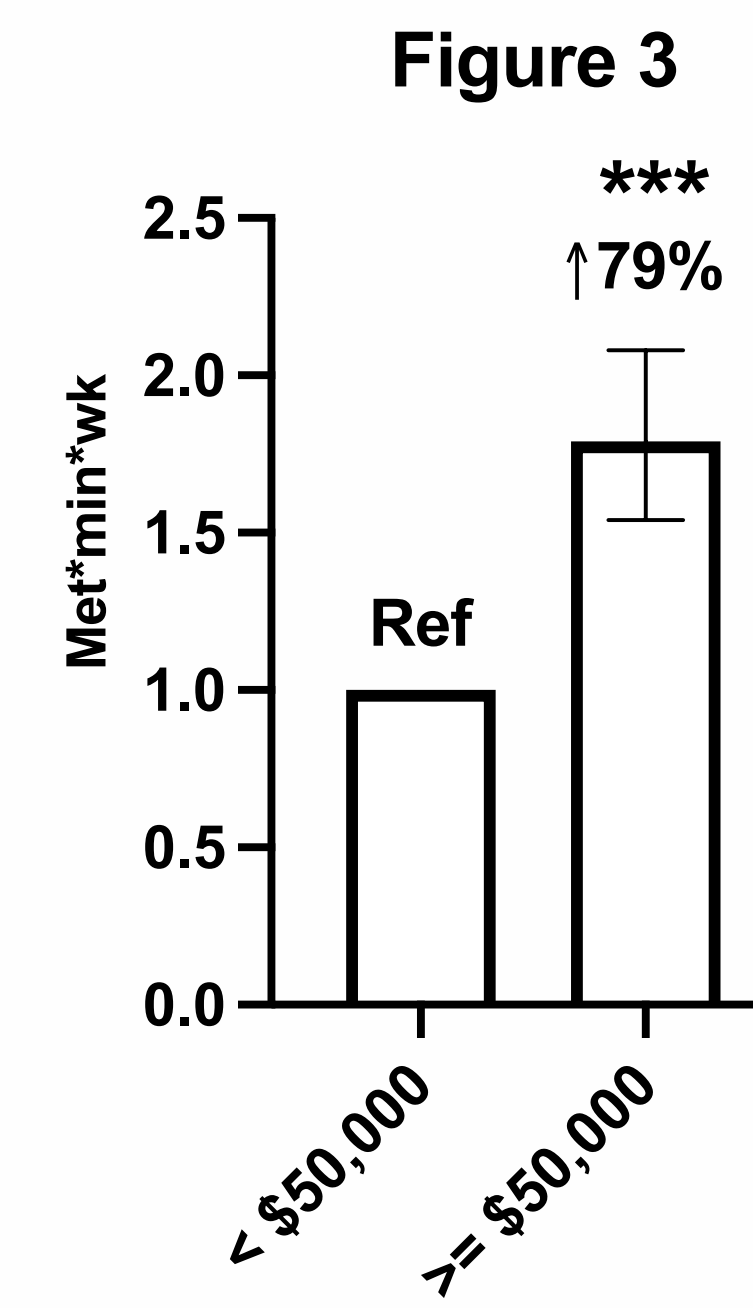


Figure 3: Percent difference in MET*min*wk of MVPA in AYAs with income >= \$50,000 compared to those with income < \$50,000. ***p<0.0001

RESULTS, continued

- Forty percent (40%) of AYAs met national guidelines for weekly minutes in MVPA.
- Weekly minutes of MVPA was 32% lower in black compared to white AYAs (*p=0.01). No other race/ethnic differences were demonstrated.
- A college degree was associated with 67% greater weekly minutes of MVPA (***p<0.0001) and a bachelor's degree or more was associated with a nearly 4-fold greater time in MVPA (***p<0.0001) compared to those with less than a high school education.
- Household income of >= \$50,000 was associated with 79% greater minutes of MVPA compared to those with an income of < \$50,000 (***p<0.0001).

CONCLUSIONS

- Race and socioeconomic factors, such as household income and educational status, were associated with MVPA in AYA cancer survivors.
- Future interventions should be aimed at these subpopulations.

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