

## ISBNPA 2016 Symposia Proposal

**Title:** Nutrition and Physical Activity across the Survivorship Journey

**Chairs:** Fang Fang Zhang (United States) and Laurien Buffart (Netherlands)

**Presenters:** Fang Fang Zhang (United States), Laurien Buffart (Netherlands), Anna Campbell (UK) and Mairéad Cooney (Ireland)

**Discussant:** Laurien Buffart (Netherlands)

### ABSTRACT

**Purpose:** With advancements in cancer screening and treatment, cancer mortality rates continue to decline for most major cancer types globally. This translates into a growing cohort of cancer survivors worldwide, estimated to be over 30 million surviving at least five years post diagnosis. However, this success has also brought to the recognition that cancer survivors have significantly elevated risk of premature death and serious morbidity due to cancer recurrence, secondary cancers, and chronic health conditions such as cardiovascular disease and obesity. Cancer survivors also experience fatigue, depression, and pain, resulting in reduced quality of life.

**Rationale:** Nutrition and physical activity are one of the cornerstones for cancer prevention and control, and are among the few modifiable behaviours for preventing chronic health conditions and improving quality of life. Poor nutritional intake and sedentary behaviour can exacerbate morbidities in cancer survivors, while healthy dietary patterns and being physically active can serve a protective function. Health care professionals play critical roles in reinforcing the importance of healthy lifestyles for long-term health. It is imperative to assess health care professionals' knowledge and practice of providing lifestyle support to cancer survivors. Research is also needed to understand the targeted nutritional needs in cancer survivors and the mediators of lifestyle interventions to develop personalised lifestyle prescription for the growing population of cancer survivors.

**Objectives:** We aim to discuss the targeted nutritional needs in cancer survivors, the effect and underlying mechanisms of clinical- and community-based lifestyle interventions on survivors' physical and psychosocial functioning and quality of life, and cost-effective strategies to integrate personalized lifestyle prescription into cancer care or community settings.

**Summary:** Four short papers will be presented on diet quality and nutritional intake in cancer survivors, the effect and underlying mechanisms of lifestyle interventions on survivors' physical and psychosocial functioning and quality of life, and health care professionals' knowledge and practice of physical activity promotion for cancer survivors. This will be followed by facilitated discussions on how to address specific nutrition and physical activity needs in cancer survivors through cost-effective interventions.

**Format:** Four presentations and facilitated discussions

**Abstract 1: Diet Quality in Association with Cancer Diagnosis and Treatment Exposures in Adult Survivors of Childhood Cancer: A Report from the St. Jude Lifetime Cohort**

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**Abstract 2: Mediators of the Effects of Resistance and Endurance Exercise on Global Quality of Life and Physical Function in Cancer Survivors who Completed Primary Cancer Treatment**

Joeri Kalter<sup>1</sup>, Caroline S. Kampshoff<sup>2</sup>, Mai J.M. Chinapaw<sup>2</sup>, Willem van Mechelen<sup>2</sup>, Francisca GalindoGarre<sup>1</sup>, Goof Schep<sup>3</sup>, Irma M. Verdonck-de Leeuw<sup>4,5</sup>, Johannes Brug<sup>1</sup>, **Laurien M. Buffart**<sup>1</sup>

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**Abstract 3: A Mixed Methods Evaluation of the Feasibility and Physical and Psychosocial Impact of a Community-Based Adapted Chi-Gung Service for People Affected by Cancer**

**Anna M Campbell**<sup>1</sup>, Graham Brennan<sup>2</sup>.

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**Abstract 4: Health Care Professionals' Knowledge and Practice of Physical Activity Promotion for Cancer Survivors in Ireland**

**Mairéad Cooney**<sup>1</sup>, Deirdre Walsh<sup>1,2</sup>, Bróna Furlong<sup>1</sup>, and Catherine Woods<sup>1</sup>

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