

# e-HEALTH SUPPORT PROMOTES DIETARY IMPROVEMENTS IN WOMEN PREVIOUSLY TREATED FOR CANCER: RESULTS FROM THE AUSTRALIAN WOMEN'S WELLNESS AFTER CANCER PROGRAM



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## Introduction

Survivors of breast, gynaecological and blood cancer are at an increased risk of chronic disease, particularly if dietary choices are poor.

We examined the efficacy of an e-health lifestyle program on compliance with World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR) dietary guidelines in women after cancer.

## Methods

351 Australian women were randomised into a control group or intervention group.

The intervention group received a 12 week structured lifestyle intervention, the Women's Wellness after Cancer Program (WWACP).

Both groups completed Food Frequency Questionnaires at three time-points (baseline, 12 weeks, and 24 weeks).

Generalized Estimating Equations (GEE) were used to examine changes in dietary patterns both within- and between- groups over the study period.

## Results

Both groups were comparable at baseline for age, education, employment and income, or dietary choices ( $p>0.05$ ).

Over the study period changes in dietary patterns were noted with a reduction in daily consumption of energy-dense foods and red meat across the cohort ( $p<0.05$ ).

GEE also showed that among the intervention group, there was a significant increase in total daily serves of fruit and vegetables and a significant decrease in waist-to-hip ratio over time ( $p<0.05$ ).

## Conclusion

Conclusion of active treatment provides an unmissable window of opportunity for education and support for positive dietary changes targeting potential chronic disease risk factors.

