

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.

