



Supporting Healthy Lifestyles among Cancer Survivors – The Intersection of Population-based and Clinical Approaches

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Clinical vs Population Approaches



Survivorship in Australia



Survivorship in Australia



Address Modifiable Risk Factors



Guidelines



Cancer Council Position Statement

- Maintain a healthy body weight
- 30 minutes moderate activity daily
- 5 serves veg and 2 serves fruit daily
- Limit (<2 drinks/day) or avoid alcohol

The Reality

Smoking 10% Alcohol 25% Physical Activity 50%
Diet 90% Weight 60%

Exler E, Youlton D, Baade P et al. Health behaviours of cancer survivors: data from an Australian population-based survey. *Cancer Causes and Control* 2007.

Lifestyle Interventions

- Good** • Strong evidence
- Bad** • 30% of survivors report advice/referral

Pikameci G, Demark-Wahnefried. Updated evidence in support of diet and exercise interventions for cancer survivors. *Acta Oncologica*. 2011
James B. et al. What are cancer survivors' priorities and preferences for lifestyle programs? *Clinical Oncological Society of Australia (COSA) Annual Scientific Meeting* 2008

Intersection of Population-based and Clinical Approaches

Tobacco Control (Smoking)

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    graph TD
      A[Taxation & legislation] --> B[Hospital smoking bans]
      B --> C[Smoking status indicator in EMRs]
      C --> D[Systematic delivery of smoking cessation advice & referral]
    
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Physical Activity

Exercise is Medicine

One of the key goals of the program is to promote the Exercise Vital Sign (EVS) as a standard measure in all health care provider consults.

The EVS incorporates two basic questions:

1. On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)?
2. On average, how many minutes do you engage in exercise at this level?



Physical Activity



Diet/Weight Loss

Cancer in the News
Tuesday 20 January

Nutrition: Food health star rating should be compulsory, poll shows

Assistant Health Minister Fiona Nash launched a voluntary health star rating system last month, giving products a score of up to five stars based on their energy, fat, sugar and salt content.

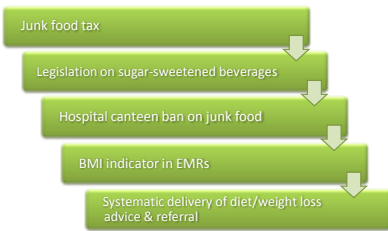
More than three-quarters of respondents said the system should be made compulsory, in a poll of more than 1000 people commissioned by the Heart Foundation, Consumers Heart Foundation, Public Health Association and Obesity Policy Coalition.

Half of those polled supported a tax on junk food and sugary drinks.

Canberra Times, 20/01/2015, page 5, The Age, 20/01/2015, page 7, Adelaide Advertiser, 20/01/2015, page 5



Diet/Weight Loss



HOW do we set up a cancer clinic to systematically deliver advice and referral for healthy lifestyles?



Systematic Delivery

- Clinical champions
- Minimum dataset for EMRs
- Feasible & evidence-based protocols



One Size Doesn't Fit All

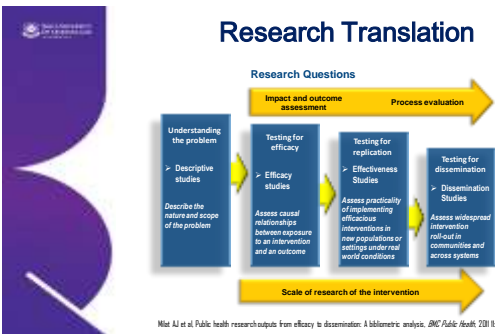


Healthy Living after Cancer

An example of a clinical approach scaled-up for population delivery

Healthy Living after Cancer

- NHMRC-funded Partnership Project (2014 – 2018)
- Partners: New South Wales, Victorian, South Australian and Western Australian Cancer Councils
- Integration of an evidence-based, broad-reach (telephone-delivered) lifestyle intervention for cancer survivors into the Cancer Council 13 11 20 information and support service



Dissemination & Implementation (Phase IV) Study

- Single-group, pre-post designed study
- Process outcomes (primary)
 - Where do referrals come from? (adoption)
 - Who takes part? (reach & representativeness)
 - Is HLaC implemented as intended?
- Participant-reported outcomes (secondary)
 - improvements in lifestyle risk factors (effectiveness)
- What does it cost to deliver?

Healthy Living after Cancer Study Aims

- To inform whether HLaC can be delivered on a wide scale
- To inform decisions about and advocacy for sustainability

Eligibility

- Adults
- All cancers (non-metastatic)
- Upon treatment completion (<5yrs)

Referrals

-  Cancer Council referral pathways
-  Clinician and self-referrals
-  Regional recruitment

Risk Factor Targets

- Maintain a healthy body weight
- 30 minutes moderate activity daily
- 5 serves veg and 2 serves fruit daily
- Limit (<2 drinks/day) or avoid alcohol

Program Overview

-  6 months of telephone health coaching
-  Participant workbook
-  Motivational interviewing
-  Behaviour change skills

Investigator Team

Chief Investigators

Professor Elizabeth Eakin – University of Queensland, School of Public Health, Cancer Prevention Research Centre

Associate Professor Sandi Hayes – Queensland University of Technology, School of Public Health and Social Work

Professor Marion Haas – University of Technology Sydney, Centre for Health Economics Research and Evaluation

Associate Professor Marina Reeves – University of Queensland, School of Public Health, Cancer Prevention Research Centre

Associate Professor Janette Vardy – University of Sydney, Concord Clinical School

Professor Frances Boyle – Mater Hospital, Patricia Ritchie Centre for Cancer Care and Research

Professor Janet Hiller – Swinburne University of Technology, Melbourne, School of Health Sciences

Professor Gita Mishra – University of Queensland, School of Public Health

Associate Professor Michael Jefford – Peter MacCallum Cancer Centre, Australian Survivorship Centre and Cancer Council Victoria

Professor Bogda Koczwara – Flinders University, Flinders Centre for Innovation in Cancer

Investigator Team

Associate Investigators

Professor Christobel Saunders – University of Western Australia, School of Surgery

Professor Afaf Girgis – University of New South Wales, Translational Cancer Research Unit, Ingham Institute for Applied Medical Research, South Western Sydney Clinical School

Professor Wendy Demark-Wahnefried – University of Alabama at Birmingham, Comprehensive Cancer Center

Professor Kerry Courneya – University of Alberta, Canada, Behavioural Medicine Laboratory

Associate Professor Kathryn Schmitz – University of Pennsylvania, School of Medicine

Professor Kate White – University of Sydney, Nursing School; Royal Prince Alfred Hospital, Sydney Cancer Centre

Ms Kathy Chapman – Cancer Council New South Wales

Ms Sandy McKlerman – Cancer Council Western Australia

Dr Anna Boltong – Cancer Council Victoria

Mr Greg Sharplin – Cancer Council South Australia

Healthy Living after Cancer 2015 Launch!