Healthy Lifestyle Behaviors for Cancer Survivors

M. Tish Knobf, PhD, RN, AOCN
American Cancer Society Professor
Oncology Nursing
Cancer Incidence and Mortality

- One-third of cancers are associated with dietary and physical activity patterns
- One-third of cancer deaths are related to cigarette smoking
Overweight and Obesity
American Population

• Two-thirds are overweight
• 20% are obese
Trends in Overweight* Prevalence (%), Adults 18 and Older, US, 1992-2004

Sedentary Lifestyles in Americans

- 40% of adults are inactive
- Women are less physically active than men
- African Americans and Hispanics are less active than whites
- Adults in the Northeast and South are less active than North Central and Western areas of USA
American Cancer Society
American Heart Association
American Diabetes Association

Guidelines
Nutrition and Physical Activity
Healthy Food Choices
Eat five or more servings of fruits and vegetables each day

- Vegetables and fruits at every meal
- Vegetables and fruits as snacks
- Variety
- Limit fried vegetable products (such as--french fries, snack chips)
- Choose 100% fruit juice (if you drink juice)
Limit your intake of red meats especially those with high fat content

- Choose fish, poultry, beans
- Decrease amounts of beef, pork and lamb eaten
- Bake, broil or poach
- Decrease frying or char-broiling
Choose whole grains instead of processed grains and sugars

• Eat whole grain rice, bread, pasta and cereal
• Whole grains: wheat, rye, oats, barley
• Limit eating refined carbohydrates such as pastries, sweetened cereals, soft drinks
Maintaining a Healthy Weight

- Balance what you eat with what you do!
- Lose weight if overweight or obese
- As you age-maintain weight if not overweight
Choose foods that help you maintain a healthy weight

• Eating away from home: pay attention to calories, fat, portion sizes
• Downsize!!!
• Low-fat does not always equal low calorie-read labels!
• Choose low calories foods (vegetables) over calories dense foods (pizza, fries, donuts, cheeseburgers)
Physical Activity
Make it Part of your Everyday Life!

- Adults: 30 minutes of moderate activity ≥5 days a week
- Children: 60 minutes of moderate-vigorous activity at least 5 days a week
Moderate Physical Activity

- Exercise/Leisure: walking, dancing, yoga
- Sports: golfing, softball, doubles tennis
- Home: gardening, mowing the lawn
- Occupational: walking, lifting
Vigorous Physical Activity

- Exercise/Leisure: jogging, running, aerobic dancing, swimming
- Sports: cross country skiing, singles tennis, basketball
- Home: digging, carrying/hauling
How does Physical Activity Reduce Health Risks?

- Helps maintain a healthy weight
- May help improve energy metabolism
- Modifies physiologic functions that affect insulin, hormones, and immune function
- Can reduce stress
- Improves emotional well-being
More benefits.....

- Increases muscle and bone strength
- Increases lean muscle and helps decrease body fat
- Helps older persons maintain strength and agility
Research Findings
Breast Cancer Survivors

• Diet and exercise can stabilize weight and/or result in weight loss
• Exercise has the potential to modify negative changes in body composition
More research findings....

• Improved quality of life
• Improved psychological adjustment
• Less fatigue!
• Better self image
• Better physical functioning
Who Said it Would be Easy?
Barriers to Healthy Eating and Physically Activity

- Availability of high calorie convenience foods
- Larger portions of food
- More eating out (fast foods, snack foods)
- More family members working
More barriers....... 

• Longer work days
• Less time for leisure activities
• Less walking-reliance on cars
• Television, computers, video game
• Varied emphasis on physical activity in schools
Ideas to Be More Active

- Use stairs, not elevator
- Use stationary bike while watching tv
- Take a 10 minute walk break during work-get co-workers to join you
- Wear a pedometer
- Park further away from your destination
Ideas to Be More Active

Join a Study!

Yale FIT
Thank you!