

Digital health technologies (DHTs) can measure physical activity, like the amount of time you moved, etc. The goal of this study was to find out:

- What **types of physical activity** matter to people with cancer and cachexia?
- What **changes in physical activity** would be important to people with cancer and cachexia?

Cachexia is a condition that can cause people living with cancer to lose a lot of weight and muscle, lose their appetite, and feel weak and tired. Cachexia can make daily physical activities difficult.

Digital health technologies (DHTs) use sensors to measure physical activity, such as step count, heart rate, and walking speed. Examples include fitness trackers or smartphone apps. The DHTs in this study only measure physical activity and do not track personal details like your identity, location, or who you're with.

Most (96%) people with cancer and cachexia who participated in the study felt that the ability to do **light physical activity for even a few minutes, compared with no physical activity, was meaningful** and that even small improvements in physical activity intensity and time were meaningful.

65% of participants said an additional **4 minutes** of activity per day would be a meaningful difference.

Regardless of cancer type, stage, or performance status, **86% participants** rated all improvements in physical activities as meaningful.



How was this study done? 181 adults with different types of cancer and cachexia answered survey questions about:

1. How well they could do physical activities before and after experiencing cachexia.
2. How important those physical activities are to them.
3. How important would it be to increase the amount of time and intensity at which they are able to do those physical activities.

What's important about this study?

Digital health technologies (DHTs) can measure the types of activities that are important to patients. Healthcare providers can use DHTs to see changes in what matters to patients.

SEDENTARY



LIGHT PHYSICAL ACTIVITY



Digital health technologies (DHTs) can measure changes in physical activity that are important to people with cancer and cachexia.



This summary describes a poster presented at the 2025 American Association of Cancer Research conference by Pfizer, Inc., Cancer Support Community, and Oracle Life Sciences. The poster is titled: "Meaningful change in the ability to perform physical activities for patients with cachexia and cancer." (Poster 2517, 4/28 at 9:00 AM)