



Partnering to improve health outcomes of post treatment cancer survivors

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In partnership, Cancer Support Community and **LIVESTRONG** developed Cancer Transitions: Moving Beyond Treatment™ to meet the needs of post treatment cancer survivors. This six week community based intervention aims to modify health behaviors through the integration of health education, emotional support, exercise and nutrition to improve health outcomes of cancer survivors. The 2007 evaluation included 134 survivors up to one year post active treatment; 87% female; 75% white; mean age 55.

Data was collected using the SF-12 to show change over time in the mental health component summary (MCS) and physical component summary (PCS) at baseline, 6, 18 and 30 weeks. At baseline, 17% reported their health as fair with over half overweight or obese. 50% had one or more comorbid condition including diabetes; HBP; heart disease; and psychological problems. Results indicated that when compared to baseline, MCS was significantly greater at 6 weeks ($p=0.042$), 18 weeks ($p=0.001$), 30 weeks ($p=0.005$), and PCS was significantly greater at 18 weeks ($p=0.044$) and 30 weeks ($p=0.011$).

Levels of physical activity increased ($p=0.002$) peaking at 18 weeks. This corresponded to a mean increase from baseline levels of 614 minutes of total activity per week. The proportion of participants reporting low level of physical activity decreased from 27% at baseline to 18% at 6 weeks, 10% at 18 weeks and 18% at 30 weeks. Fat- and fiber-related dietary habits improved when compared to baseline levels. The dietary score was significantly lower indicating better dietary habits at 6, 18 and 30 weeks ($p<0.00$).