Nutrition Education and Counseling for Cancer Prevention

Description
A power point presentation and handouts titled "Diet and Lifestyle for Healthy Living after Cancer" was presented to a group of survivors in January, 21 2016. The emphasis of the presentation was making small changes in diet and lifestyle every day. These changes include eating a more plant based diet, exercising regularly and maintaining a healthy body weight. Recommendations were consistent with the AICR guidelines for cancer survivors and NCI guidelines for exercise. The ultimate goal is to help decrease risk or recurrence, promote wellness and prevention of other illness. Immediately after the presentation, the participants were offered one-on-one follow up appointments with the oncology dietitian scheduled four to eight weeks after the presentation. During the follow up appointments a survey will be conducted to access if changes in diet and lifestyle were made based on the presentation. Additional follow ups will be scheduled as needed to reinforce and support the participant’s lifestyle changes.

Participants
13 cancer survivors (2 guests)

Follow-Up: In addition to providing contact information to make an individual nutrition appointment, an email was sent to all participants one week after the Presentation to reinforce making an appointment.

Individual Nutrition Appointments:
7 participants have been seen for Nutrition Appointments (53%)
4 of these participants have been seen for follow-up

Diet and lifestyle changes made after Presentation and nutrition appointment
Of the participants seen by the dietitian:
• 100% had implemented at least 2 or more dietary or lifestyle changes as a result of attending the program.
• 100% had changed or gained knowledge in regards to importance of nutrition, healthy weight and physical activity.
• 85% had increased or added physical activity
• 57% had follow-up visits
• 85% discontinued us of nutritional supplements in the form of antioxidants to include more foods rich in these nutrients

Attitude/Perception change
Cancer survivors often get their nutrition information from non-reliable sources such as internet, books, friends of magazines. This information may cause confusion or fear-based eating. This presentation clearly and simply provided guidelines for healthy eating and small, easy changes. In interviews with participants, they stated that many of their misconceptions about eating after treatment were dispelled. One such myth is about the importance of only eating organic, eating no sugar, the importance of physical activity in conjunction with healthy eating.