



Engaging the Cancer Survivor in Lifestyle Modification

Nancy Kane, RN, MS , AOCN

Adrianna Crooker Catlin, LICSW

Claudia Walker, Survivor



Objectives

- Describe the Anticancer Lifestyle Program's (ACLPL) organization, objectives, and curriculum.
- Discuss several positive outcomes participants experience through the ACLPL.
- Discuss various ways to deliver the ACLPL at your organization



Anticancer LIFESTYLE PROGRAM[®]

A program of the Anticancer Lifestyle Foundation



Anticancer
Mindset



Anticancer
Environment



Anticancer
Change



Anticancer
Diet



Anticancer
Fitness

www.concordhospital.org/services/cancer

www.anticancerlifestyle.org



Who We Are



- The ACLP is a 12-week, evidence-based lifestyle transformation program for cancer survivors. The program gives participants the essential tools and information needed to implement and sustain changes in the areas of diet, fitness, stress management, and exposure to toxins in daily life.
- The program was developed in 2011 by the Anticancer Lifestyle Foundation and the Payson Center for Cancer Care, a regional ACOS accredited Comprehensive Community Cancer Center, at Concord Hospital in Concord, New Hampshire.

Program Mission

- To promote evidence-based lifestyle transformation for patients diagnosed with cancer, and for individuals who seek to minimize their risk of cancer.
- To fill a post-treatment gap for cancer patients, many of whom desire information on effective ways to become proactive in their own well-being.





How does the program work?



- We assemble a team, consisting of a course administrator, a course facilitator, and content experts in the areas covered by the course. The facilitator is present at each session; the content experts attend only their relevant sections.
- The class, ideally composed of a maximum of 25 cancer survivors, meets weekly for 12 weeks, for 2.5 hours each session. The course is followed by 3 monthly “maintenance” sessions.
- The Anticancer Lifestyle Foundation provides the curriculum guides, a dissemination guide, and telephone support throughout the 12 weeks. The curriculum is updated annually.



What makes ACLP unique?

- Evidence-based, comprehensive and integrated lifestyle modification program
- Focused on exploring evidence, making choices and active learning
- Directed at cancer survivors who are looking for steps to stay well after treatment ends
- Includes a section on environmental toxins
- Provides many opportunities for community involvement including alumni serving as program volunteers and donations from local farms, stores and eateries.



Evidence-Based Curriculum

The Anticancer Lifestyle Program...

- draws from peer-reviewed medical research studies when available.
- recommends nationally accepted guidelines when appropriate (i.e. the American Cancer Society).
- cites recommendations and findings from various government sources, such as the CDC, FDA, USDA, EPA and NIH.
- is reviewed and updated annually with the most recent research, guidelines and recommendations.



5 Program Keys



1. Explore the evidence – and then choose for yourself
2. Strive to make changes in all the areas for optimal impact
3. Connect with your community regularly (family, friends, support systems, resources, etc).
4. Look back, but don't stare. Be in the moment. Move forward!
5. “Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time, to figure out whether you like it or not.”

– *Virgil Garnett Thomson (American composer and critic)*



Why the program is important to cancer survivors

- ACLP fills a gap following treatment and empowers survivors to take back some control. Many cancer patients are often left wondering what they can do to reduce their risk of cancer recurrence.
- Cancer survivors are living longer and want the highest quality of life possible.
- ACLP is a lifelong approach to behavior change related to modifiable lifestyle factors.
- People with a genetic mutation such as BRCA are now being included in the program.



Pillars of ACLP



- Diet
- Exercise
- Environment
- Mindset

All are Built on the “Foundation of Change”



ACLIP Provides Participants

- Sense of Control
- Tools to Make Change, e.g. Mini Mindset Moments, Pedometer, Community Donations
- Workbook to Refer back to materials
- ACLIP book
- Ongoing Maintenance Sessions
- Social Support – phone calls to each other, many participants remain in contact



Participant Experience

- “ I now know that I can improve my health and affect the quality of my life. Each small change I make makes me want to make another one. ”
- “ This program has enabled me to take the reins again in so many ways, feeling as though I can move forward making a positive difference in how my life may turn out. ”
- “ The Anticancer Lifestyle Program has served as a guide and a compilation of resources to put me on a clear path. ”
- “ Everything else has been done TO us. This is something we get to do for ourselves. ”





Why offer the ACLP?

The program...

- Is a critical resource for the growing population of cancer survivors and consistently receives high marks from participants.
- Presents a great opportunity to partner with community businesses such as restaurants and gyms around healthy eating and active living.
- Fosters a positive bond between the sponsoring organization and program attendees, letting them know you care enough to invest in their future.
- Supports medical care providers who are asked by motivated patients to provide them with a “next step”.



Community Engagement

Engaging your local community with the ACLP enhances your reputation and impact. A few proven strategies:

- Local gyms, YMCA and health clubs can offer a free 3- month trial membership to class participants.
- Local vendors can provide samples of non-toxic personal care products (e.g. soaps, lotions, sunscreen, shampoo).
- Local farmers or farmers markets can provide fresh seasonal produce.
- Local restaurants can donate healthy food to be enjoyed by participants during class.
- Offer an annual community lecture on a topic relevant to ACLP.



Benefits of ACLP for overall health



- “After the detection of cancer, clinicians and cancer survivors pay less attention to the prevention and treatment of other diseases and complications. We shouldn’t neglect other aspects of health because we are focused on cancer and overlook other chronic conditions.”

Dr. Yi Ning, April 2012, VCU Massey Cancer Center, Richmond VA

- Nearly half of cancer survivors died from conditions other than cancer
- Researchers encourage a more comprehensive approach to survivor health

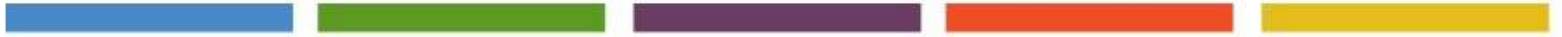


Staff required to offer the ACLP face-to-face

- Facilitator
 - Strong group facilitation skills with emphasis on time & classroom management
 - Experience working with cancer and/or chronic illness
- Administrator
 - Excellent organizational skills including thorough knowledge of PowerPoint, Word, and Excel.
 - Ability to interact well with faculty and participants
- Faculty
 - Subject matter experts with strong presentation skills in the areas of change, mindset, diet, and fitness.
 - Environment content offered online so content expert is not essential.



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Participation To-Date

Total participants	Gender M/F	<49 years old	50-79 years old	>80
175	32/143	35	138	2



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Attracts a variety of diagnoses

Cancer site
Breast
Prostate
Leukemia/lymphoma
GYN
GI
Kidney & bladder
Skin
Lung
Other

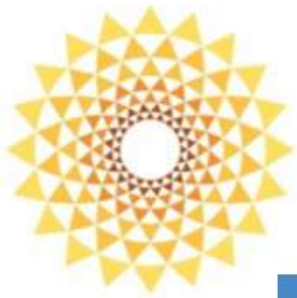


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Participant Survey: “Since the end of the program, have you continued to make lifestyle changes?”

Session	3 months	12 months
Fall 2011	100%	93%
Spring 2012	100%	100%
Fall 2012	100%	100%
Spring 2013	100%	100%
Fall 2013	91.7%	85.7%
Spring 2014	100%	100%
Fall 2014	100%	100%
Spring 2015	100%	100%
Fall 2015	100%	100%

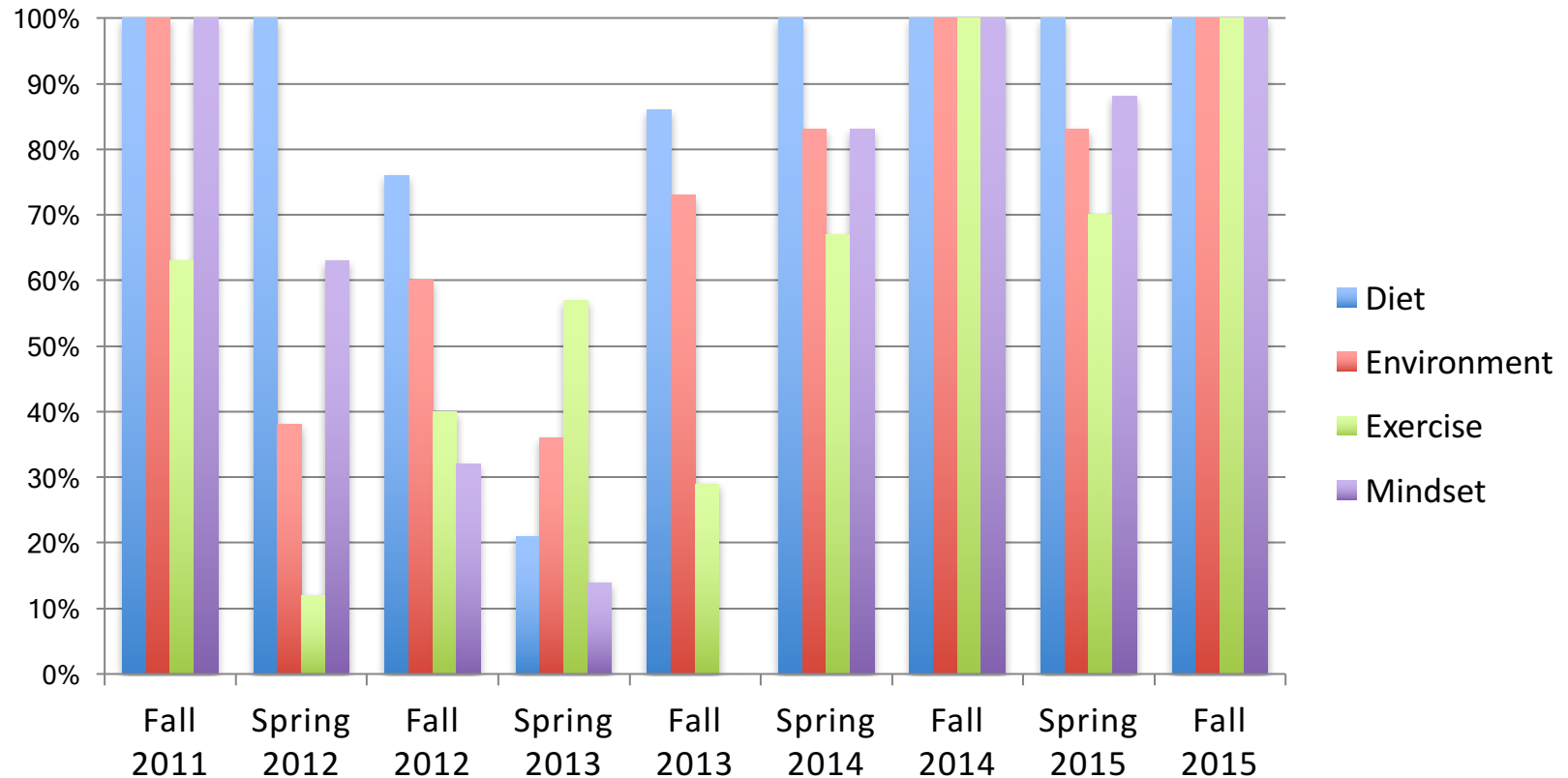


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ACLP Impact – Change by “Pillar”

% of Participants making a change in each content area at 3 months





Healthcare Provider Feedback



- Providers are confident in the program knowing the curriculum is evidence-based
- Nearly half of referrals come from providers
- Patients talk about their positive class experience at follow-up appointments
- MDs feel they have a place to refer patients who want to be actively engaged in their long term well-being



Online Module – Environment



The screenshot displays the 'Anticancer Lifestyle Program' website for the 'ANTICANCER ENVIRONMENT ONLINE COURSE'. The header includes the program logo, the course title, a 'WELCOME Daniel' message, a font size selector 'A- A+ | C', and a 'LOGOUT' button.

The main content area is divided into two columns. The left column contains a navigation menu with two main sections: 'PART ONE' and 'PART TWO'. 'PART ONE' includes: Introduction, Environment & Cancer, Toxins, Personal Care Products, Cosmetics, Perfumes & Fragrances, Dry Cleaning, Fabrics, & Plastics, and Part One Summary. 'PART TWO' includes: Introduction, Household Cleaners, Plastic Containers, Teflon & Cookware, Household Pesticides, EMF & RF Exposure, Other Carcinogens, and Course Summary. Below the menu is an 'ADDITIONAL RESOURCES' section with links for 'Ask Our Experts Resources', 'Course References', and 'Glossary'.

The right column features a 'WELCOME!' section with a video player. The video player shows a woman, identified as 'Catherine De Moulpied, Green Living Expert, Course Instructor', with a 'PLAY' button. Below the video is a 'PART ONE' section with the text 'Introduction to Part 1'. This is followed by a 'TOPIC ONE' banner for 'ENVIRONMENT & CANCER' with a background image of industrial smokestacks. Below the banner are three sub-topics: 'Cancer Awareness', 'The 5 Environmental Keys', and 'Prioritizing Your Choices'. At the bottom is a 'TOPIC TWO' banner for 'TOXINS' with a background image of a virus particle.

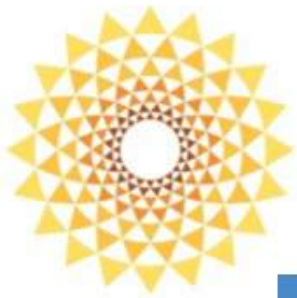
www.anticanceronline.org



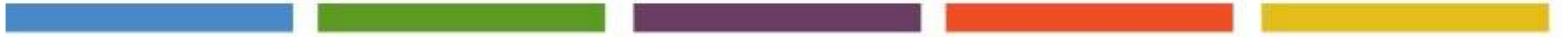
E- ACLP coming soon!

- Entire course offered online
- Can be taken in its entirety or in modules
- Self paced
- Each section ends with a Toolkit of takeaways to sustain change
- A site could encourage participation and then offer monthly gatherings for support in making change.

www.anticanceronline.org



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For more information...

Staff Contacts:

Adrianna Crooker Catlin at Acatlin@crhc.org

Nancy Kane at Nancy@anticancerfoundation.info

Program websites:

www.concordhospital.org/services/cancer

www.anticancerlifestyle.org



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Challenges



- Foundation to Build House
- Cost
- Recruitment
- Buy or Build
- 12 week commitment



Successes



- Community Good Will
- Pathway for Survivors
- Support Network – cross referrals
- Anticancer Lecture Series
- Volunteers/Donor Base



QUESTIONS/ANSWERS



