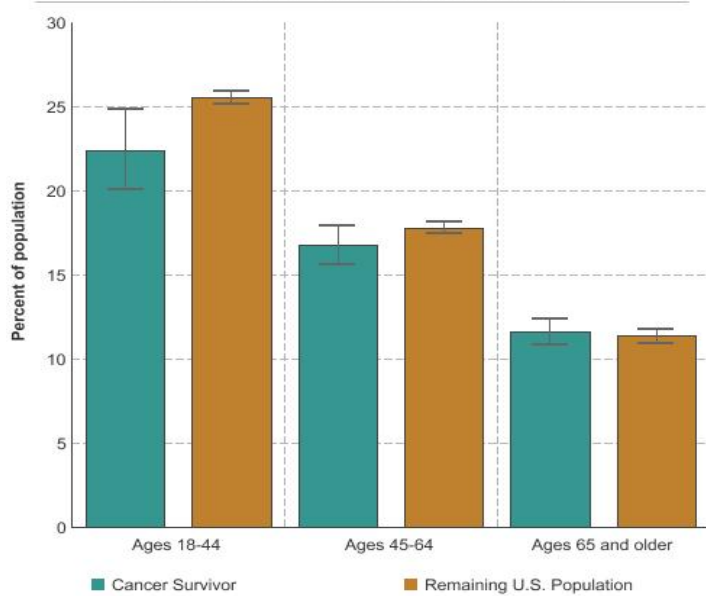


# Cancer Survivorship – Nutrition and Physical Activity

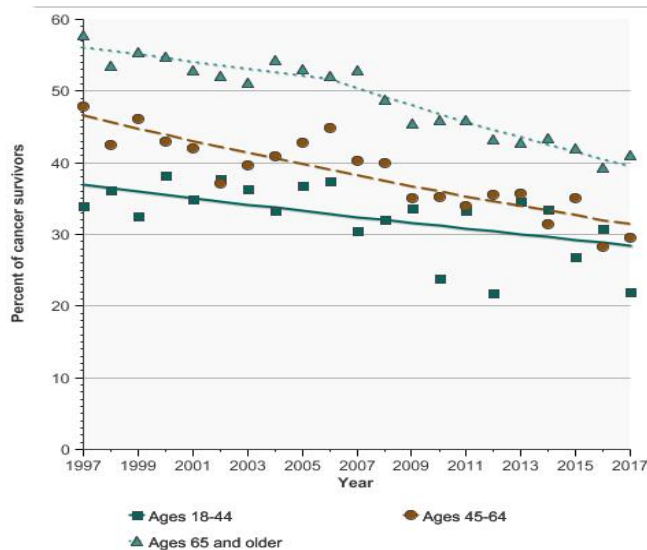
Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Health Interview Survey. Data include adults who report moderate physical activity for at least 160 minutes per week, vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week. Data are age-adjusted to the 2000 US standard population using age groups: 18-24, 25-34, 35-44, 45-64, 65+.

Comparison of cancer survivors and remaining U.S. population for percentage of adults aged 18 years and older who meet current Federal guidelines for aerobic and muscle-strengthening physical activity by age : 2008-2017



Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Health Interview Survey. Data are age-adjusted based on the age distribution of cancer patients diagnosed in 2000 using age groups: 18-24, 25-34, 35-44, 45-64, 65-74, 75-94, 95+.

Percentage of cancer survivors aged 18 years and older reporting no physical activity in their leisure time by age, 1997-2017



|   | All Respondents (n = 53) | Breast Cancer (n = 25) | Prostate Cancer (n = 20) | Non-Hodgkin's Lymphoma (n = 8) |
|---|--------------------------|------------------------|--------------------------|--------------------------------|
| Healthful Dietary Behavior <sup>a</sup> | % Meeting Goal           | % Meeting Goal         | % Meeting Goal           | % Meeting Goal                 |
| Avoids alcohol                          | 89                       | 92                     | 85                       | 88                             |
| Adequate fruits and vegetables          | 66                       | 72                     | 65                       | 50                             |
| Limits cholesterol                      | 55                       | 68                     | 35                       | 63                             |
| Healthful range of total calories       | 51                       | 48                     | 45                       | 88                             |
| Adequate vitamin D                      | 53                       | 56                     | 45                       | 63                             |
| Adequate calcium                        | 49                       | 52                     | 40                       | 63                             |
| Limits saturated fat                    | 40                       | 52                     | 30                       | 25                             |
| Adequate fiber                          | 15                       | 24                     | 5                        | 13                             |
| Limits sodium                           | 2                        | 4                      | 0                        | 0                              |

| No. of Recommendations Met | % of Respondents | % of Respondents | % of Respondents | % of Respondents |
|----------------------------|------------------|------------------|------------------|------------------|
| 0                          | 0                | 0                | 0                | 0                |
| 1                          | 4                | 4                | 5                | 0                |
| 2                          | 13               | 4                | 25               | 12.5             |
| 3                          | 15               | 12               | 20               | 12.5             |
| 4                          | 26               | 28               | 25               | 25               |
| 5                          | 21               | 20               | 20               | 25               |
| 6                          | 13               | 20               | 5                | 12.5             |
| 7                          | 6                | 8                | 0                | 12.5             |
| 8                          | 2                | 4                | 0                | 0                |
| 9                          | 0                | 0                | 0                | 0                |

| Healthy Eating Index (HEI) Score <sup>b</sup> | % of Respondents | % of Respondents | % of Respondents | % of Respondents |
|---|------------------|------------------|------------------|------------------|
| 36-48   | 21               | 8                | 40               | 12.5             |
| 51-64   | 24               | 20               | 30               | 25               |
| 65-74   | 36               | 44               | 20               | 50               |
| 75-86   | 19               | 28               | 10               | 12.5             |

<sup>a</sup>Based on 2010 Dietary Guidelines or other cancer-relevant recommendations: Alcohol, <1 drink/day for women, <2 for men; fruits and vegetables, 5+ servings/day; cholesterol, <300 mg; kcals, 1600-2600, by age, gender, sedentary versus active; vitamin D, >15 µg (>20 µg if age 71+ years); calcium, 1000 mg (age 31-50 years), 1200 mg (age 51+ years); saturated fat, <10% calories from saturated fat; fiber, 25 g for women, 28 g for men; sodium, <2300 mg (<1500 mg for 50+ years, African American, chronic illness).

<sup>b</sup>Healthy Eating Index 2010—scored 0-100, 12 scored components: Total Fruit; Whole Fruit (not juice); Total Vegetables; Greens and Beans (dark-green vegetables, beans, peas); Whole Grains; Dairy (milk products, soy beverages); Total Protein Foods; Seafood and Plant Proteins; Fatty Acids (ratio of poly- and mono-unsaturated to saturated fat); Refined Grains; Sodium; Empty Calories (calories from solid fats and added sugars, calories from alcohol beyond a moderate level). Higher scores for greater intakes, except sodium, refined grains, empty calories.

## Healthful Dietary Behaviors of Cancer Survivors (Based on Three 24-Hour Recalls)

Source: Klassen, A. C., Smith, K. C., Shuster, M., Coa, K. I., Caulfield, L. E., Helzlsouer, K. J., . . . Hannum, S. (2017). "We're Just Not Prepared for Eating Over Our Whole Life": A Mixed Methods Approach to Understanding Dietary Behaviors Among Longer Term Cancer Survivors. *Integrative Cancer Therapies*, 17(2), 350-362. doi:10.1177/1534735417731515