

## Background

Research suggests people living with and beyond cancer are more likely to adopt or maintain physical activity (PA) if they have received advice from a clinician.

## Aim

To report the prevalence of receiving PA counselling and any associations with PA behaviour among people living with and beyond breast, prostate, or colorectal cancer in Nova Scotia, Canada.

## Methods

### RECRUITMENT

A stratified random sample of 2100 (700 from each survivor group) were mailed a questionnaire package.  
 Eligibility criteria: 1) aged between 18-80 years, 2) current residents of Nova Scotia, and 3) had a diagnosis of breast, prostate, or colorectal cancer.

### MEASURES

Survey collected demographic, medical and behavioural information. PA was collected with modified Leisure Time Exercise Questionnaire; ST with the Sedentary Behavior Questionnaire.

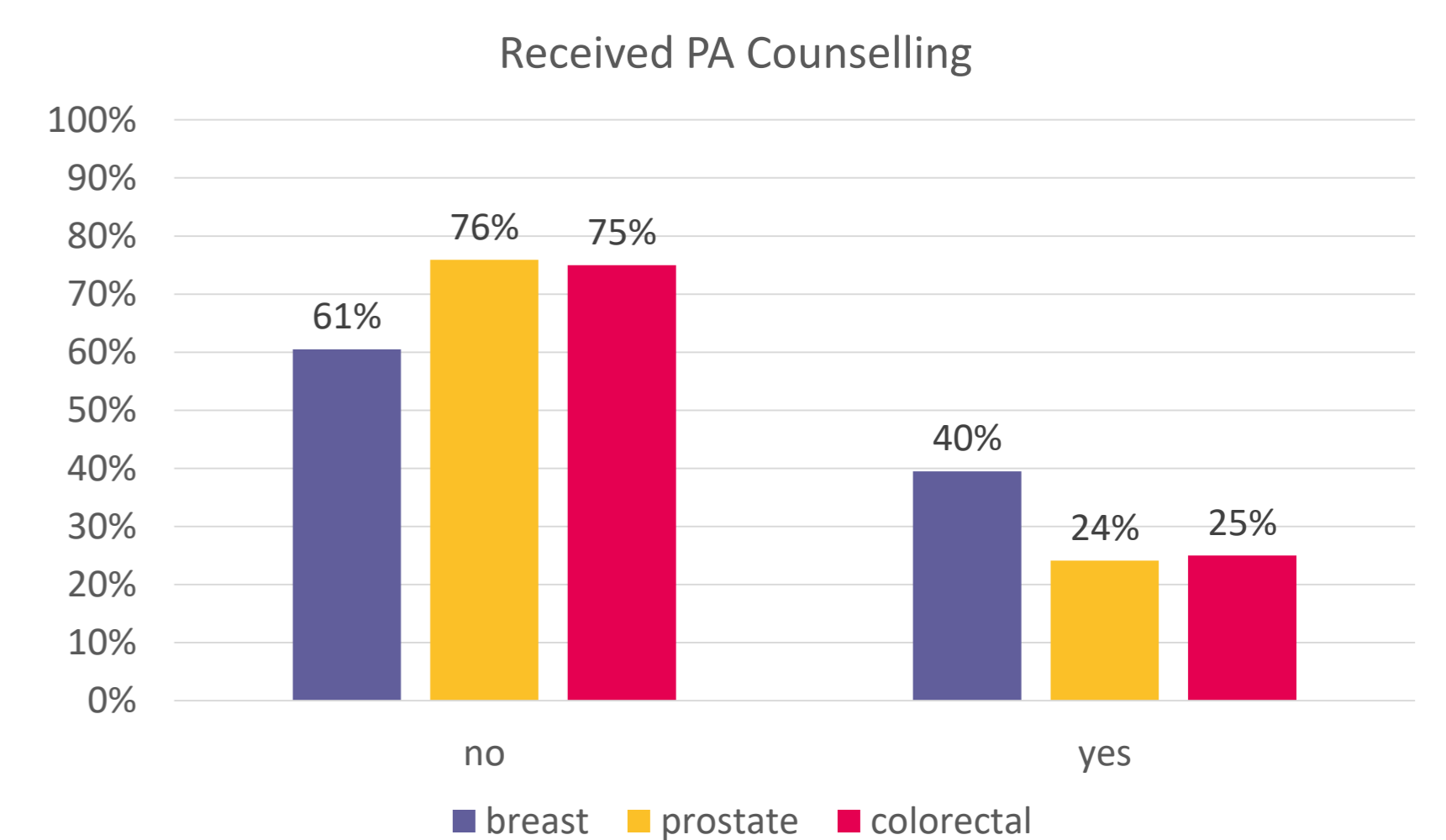
PA counselling and sources: participants asked if they had ever received PA advice (yes/no), and from whom (able to select multiple sources and indicate others).

### ANALYSES

Descriptive statistics were used to determine the prevalence of counselling. Chi-square analyses: 1) to determine the associations between cancer site (breast, prostate, and colorectal) and counselling 2) to examine PA and ST categories with counselling overall and within each cancer site. ANOVAs: to determine correlates of PA minutes and counselling and any interactions between cancer site.

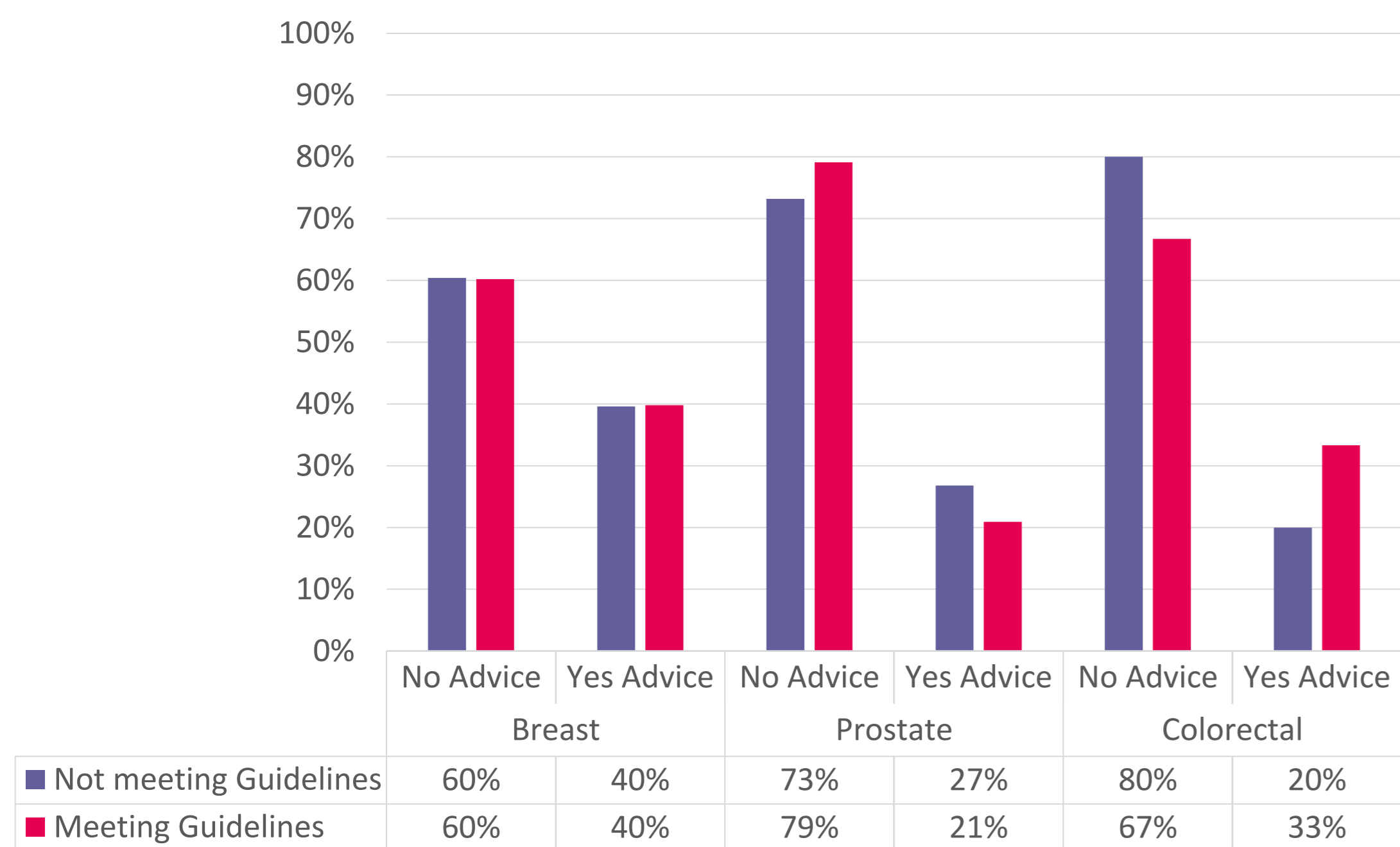
## Results

- Study population: Male (55%), Caucasian (97%), married (80%), not working (70%), average age of 65.6 years, 50% had stage II disease, mean years since diagnosis was 4.3, 90% had surgery, 47% overweight (BMI 25-29.9) and 26% obese (BMI  $\geq$  30).
- 30% of participants received PA advice from oncologists (51%) and GPs (54%) most often.
- No significant differences found for meeting PA guidelines or weekday/weekend ST.
- Colorectal cancer survivors receiving PA advice were significantly more likely to be meeting guidelines ( $p=.021$ ).
- No significant differences found among breast cancer survivors;
- Prostate cancer survivors receiving advice less likely to be sedentary ( $p=.038$ );
- Colorectal cancer survivors receiving advice reported more moderate-to-vigorous physical activity ( $p=.015$ ), total physical activity ( $p=.029$ ), and less sitting time ( $p=.041$ ).

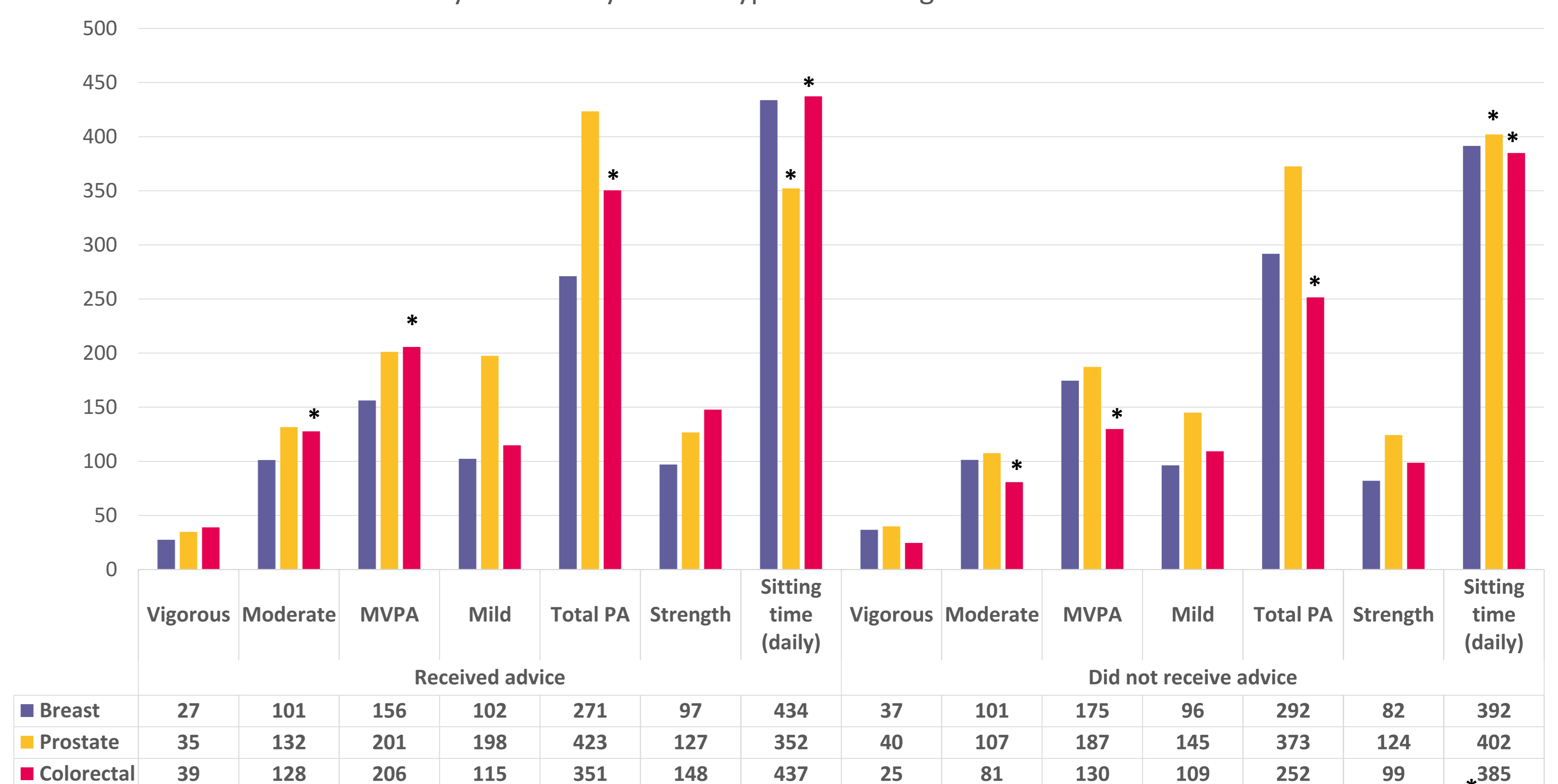


Breast cancer survivors were more likely to report receiving advice than prostate or colorectal cancer survivors ( $p<.001$ )

Proportion Meeting PA guidelines by Having received PA Advice



Activity Minutes by Cancer Type and Having received PA advice



## Discussion

- Less than 1/3 of surveyed people living with and beyond cancer reported receiving PA advice with no differences in PA behaviour or sitting time overall.
- Despite a higher proportion of breast cancer survivors reporting receiving advice compared to prostate and colorectal cancer survivors, subgroup analyses indicated stronger associations between activity behaviour and advice among colorectal cancer survivors.
- Interventions are needed to determine the whether these associations hold true.

## Acknowledgments

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