

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

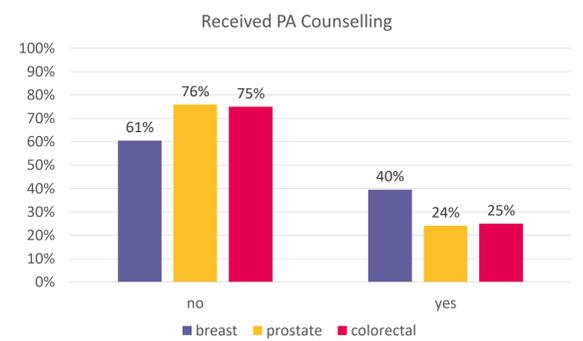
Survey collected demographic, medical and behavioural information. PA was collected with modified Leisure Time Exercise Questionnaire; ST with the Sedentary Behavior Questionnaire.
 PA counselling and sources: participants asked if they had ever received PA advice (yes/no), and from whom (able to select 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.

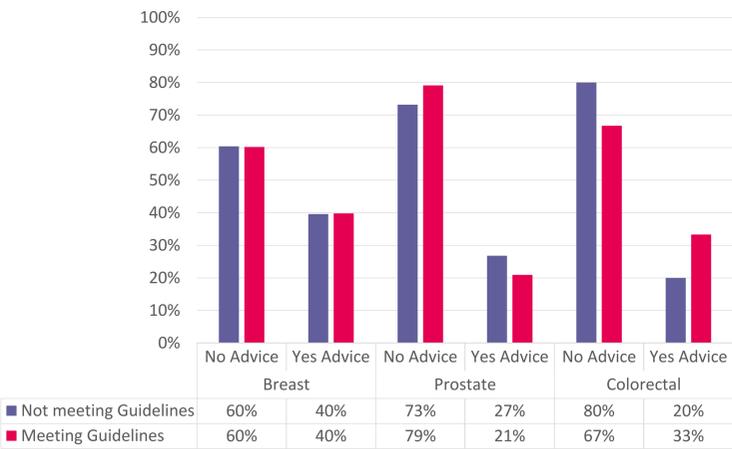
Results

- 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 ($p=.041$).

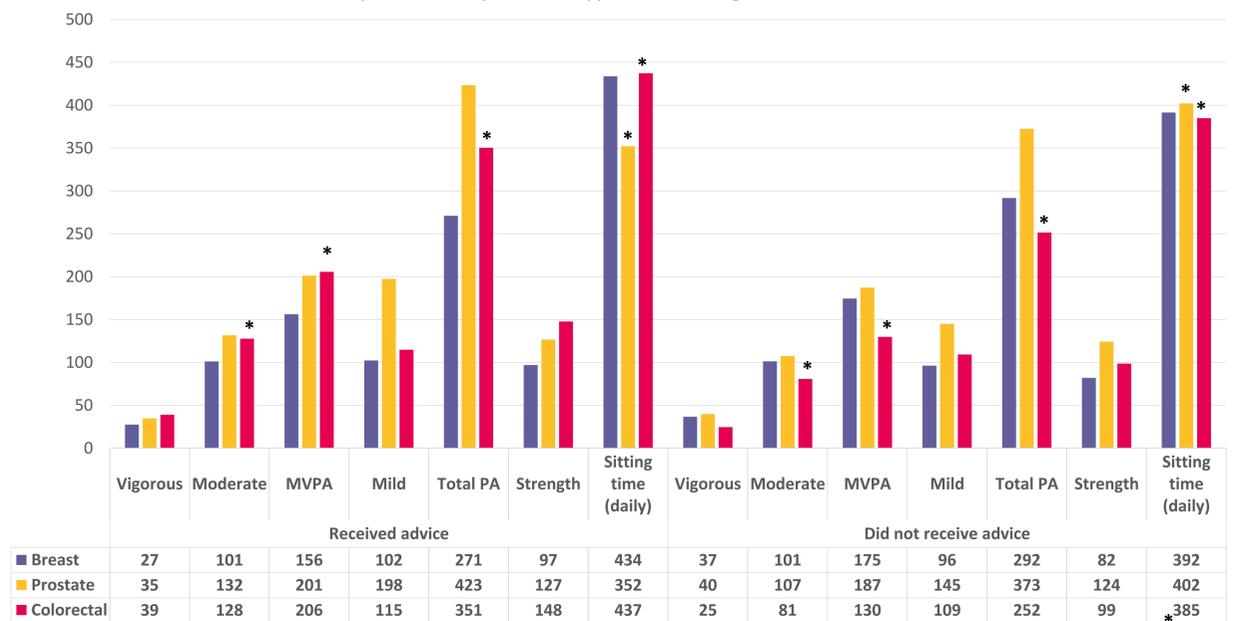


Breast cancer survivors were more likely to report receiving advice than prostate or colorectal cancer survivors ($p<.001$)

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

Nova Scotia Cancer Registry, University of Alberta