

Active Living After Breast Cancer: Combining physical activity and survivorship navigation to improve quality of life of breast cancer survivors

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BACKGROUND: Physical activity is associated with improved quality of life and with increased disease-free survival in breast cancer survivors. Active Living after Breast Cancer (ALABC) is a CPRIT-funded prevention program to improve breast cancer survivors' quality of life through increasing physical activity and providing survivorship information. The evidence-based program was developed and tested at MD Anderson, and adapted for delivery in the Houston community. We will describe participant characteristics and the changes in participants' physical activity, physical functioning, and quality of life. **HYPOTHESIS:** Breast cancer survivors who participate in the ALABC program will show improvements in physical activity, physical functioning, and quality of life. **METHODS:** Participants for ALABC are recruited from throughout the Houston community. The program is delivered in 12 group sessions. Each session covers behavioral skills for increasing physical activity (40-50 minutes), 10 minutes of physical activity, and 30 minutes addressing a survivorship topic. The program emphasizes increasing physical activity through incorporating short bouts of activity throughout the day. At the first and last sessions, participants complete questionnaires, performance tasks (6-minute walk, 30-second sit-stand), and anthropometric assessments. **RESULTS:** The first group began November, 2014. We have completed 12 groups (two in Spanish) and have 2 groups ongoing (one in Spanish), and 6 groups scheduled to start in the next two months. We have screened a total of 232 survivors. Participants who have completed the program have attended a mean of 75% of program sessions; drop-out rate is 28%. Average age of participants is 58.6 years (SD=10.0). Participants are 36% African-American, 30% Hispanic, 48% white, 3% Asian, 1% multi-racial, and 12% other; 32% are Hispanic. Participants who have completed the program report significant increases in their weekly minutes of walking ($p < .001$), moderate physical activity ($p = .047$), and vigorous physical activity ($p = .018$). Changes in six-minute walk and sit-stand tests improved ($p = .022$ and $.001$, respectively), demonstrated that physical functioning objectively improved. Self-reported quality of life also improved in both the physical health ($p = .001$) and mental health ($p = .026$) domains. There were no significant changes in waist circumference or BMI. **CONCLUSIONS:** Preliminary data from the ALABC program evaluation indicate that it is effective at increasing physical activity and improving physical quality of life. Furthermore, it is feasible to deliver to a diverse survivor population, including Spanish-speaking survivors.