

# Anticancer LIFESTYLE PROGRAM<sup>®</sup>

*A program of the Anticancer Lifestyle Foundation*



Anticancer  
Mindset



Anticancer  
Environment



Anticancer  
Change



Anticancer  
Diet



Anticancer  
Fitness

[www.anticancerlifestyle.org](http://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.
- For more detail, please see our video [here](#) and our website at [www.anticancerlifestyle.org](http://www.anticancerlifestyle.org)



# Our Mission

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- 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.

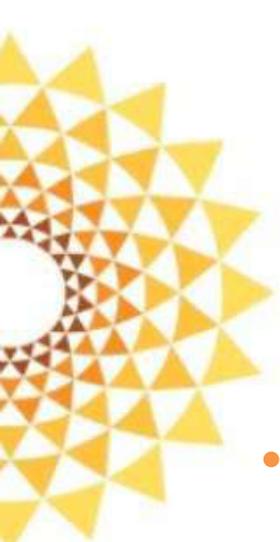




# How does the program work?

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- Each ACLP location assembles its own 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?

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- 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



# Evidence-Based Curriculum

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## 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

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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

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- 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.

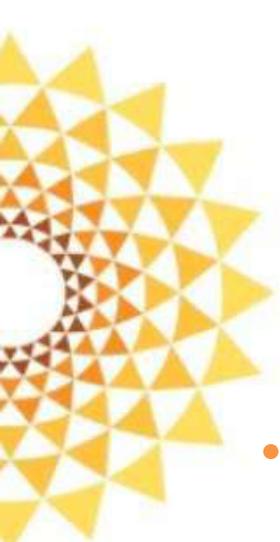


# Why offer the ACLP?

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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”.



# Benefits of ACLP for overall health

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- “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

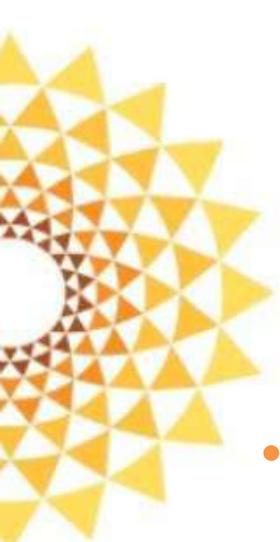


# Patient Experience



- “ 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. ”





# Staff required to offer the ACLP

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- 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.



# Instructional Design

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- Course content is updated annually. It is presented in two curriculum guides – one for faculty/facilitators and one for participants – and accompanied by a power point deck.

**FACULTY**

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**Diet and Cancer**

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**#6 Learning Goals**      **Review slide.**

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**#7 Anticancer Diet**      **Review slide.** For most Americans who do not use tobacco, the most important cancer risk factors that can be changed are body weight, diet, and physical activity. One-third of all cancer deaths in the United States each year are linked to diet and physical activity, including being overweight or obese, while another third is caused by tobacco products. Although our genes influence our risk of cancer, most of the difference in cancer risk between people is due to factors that are not inherited. Avoiding tobacco products, staying at a healthy weight, staying active throughout life, and eating a healthy diet may greatly reduce a person's lifetime risk of developing or dying from cancer. These same behaviors are also linked with a lower risk of developing heart disease and diabetes.

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**#8 Food Rules**      The 3 diet sessions are organized into 14 rules, with 4-6 rules covered in each class. The "food rules" here are a blend of Michael Pollan's book *Food Rules* and David Servan-Schreiber's *20 New Anticancer Rules*.

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**About the workbook pages**      **Note:** there is no slide for this information. Ask participants to:

- Follow along in their workbooks, writing down any notes or questions.
- Hold their questions until the end of the rule. At that time, there will be Q&A.
- If Q&A period is running too long or a question needs to be researched, remind participants that you may use the Parking Spot (ie- flip chart) to jot down the question in order to move on. Answers to these questions may be given at the start of the next class or in the form of an email following the class.

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**FACULTY**  
goes with Diet - 2

**PARTICIPANT**

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**Diet and Cancer**

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**Learning Goals**      By the end of this session, you will be able to:

- Explore how and why the American diet has changed so drastically over the last century
- Analyze the connection between obesity, cheap food and cancer
- Describe the health and environmental benefits of organic food
- Explore local farms, food businesses and resources
- Describe the benefits of growing your own food

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**Anticancer Diet**      **Diet** – Food and drink regularly consumed

**Anticancer Diet** – The consumption of whole foods that may defend our bodies against the invasion of cancer. This is done by way of detoxification, immune support, blocking angiogenesis (blood vessel support) and by reducing inflammation.

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**"Food Rules"**      **Food** – A material consisting essentially of protein, carbohydrate, and fat used by the body of an organism to furnish energy and sustain growth, repair and vital processes.  
**Rule** – A prescribed *guide* for conduct or action  
**Food Rules** – Michael Pollan's book *Food Rules*; the inspiration for Dr. David Servan-Schreiber's *20 New Anticancer Rules*  
**The 3 Diet sessions will be organized by "food rules"!**

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**About the workbook pages**      As mentioned, there are fourteen "food rules" that will be covered for the Anticancer Diet. With each rule, there will be evidence and information presented – sometimes followed by a practice session like label reading. Additionally, there is **space to write down any questions** that may arise, as the information is presented in class. **You'll be asked to hold those questions for a few minutes until the end of the rule, when there will be ample time to get them answered so you can move forward.**

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For exclusive use by participants of the Anticancer Lifestyle Program © 2013 - Reproduction Prohibited  
Diet - 2

# Website

The screenshot shows the homepage of the Anticancer Lifestyle Program website. At the top left is the Anticancer Lifestyle Program logo, which consists of a stylized sunburst icon and the text "Anticancer LIFESTYLE PROGRAM". To the right of the logo are navigation links: "Get Involved | Contact | f" (with a Facebook icon), "A- A+ | ↻" (with a refresh icon), and a yellow "DONATE" button. Below the logo is a horizontal navigation bar with orange background and white text: "ABOUT", "LOCATIONS", "COURSE MATERIALS", "GET STARTED", "ANTICANCER LIVING RESOURCES", and "SEARCH" (with a magnifying glass icon). The main content area features a large photograph of four people (two men and two women) sitting on exercise balls in a gym, holding dumbbells and smiling. Overlaid on the left side of the photo is the text "Making Changes, Moving Forward." in a large, white, sans-serif font. Below this is the subtitle "An evidence based lifestyle transformation program for people diagnosed with cancer." and a "LEARN MORE >" link. At the bottom of the page is a row of five colored boxes, each with an icon and text: "ANTICANCER DIET" (green box with an apple icon), "ANTICANCER FITNESS" (orange box with a bicycle icon), "ANTICANCER MINDSET" (blue box with a starburst icon), "ANTICANCER ENVIRONMENT" (purple box with a leaf icon), and "ANTICANCER CHANGE" (yellow box with a swirl icon).

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Get Involved | Contact | f A- A+ | ↻ **DONATE**

ABOUT LOCATIONS COURSE MATERIALS GET STARTED ANTICANCER LIVING RESOURCES SEARCH

## Making Changes, Moving Forward.

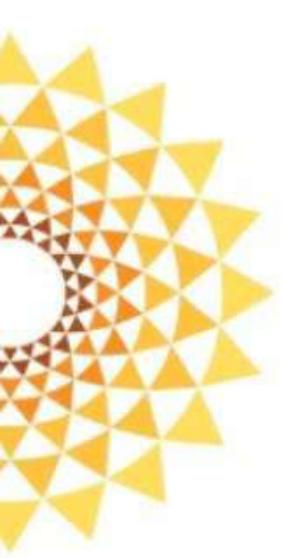
An evidence based lifestyle transformation program for people diagnosed with cancer.

[LEARN MORE >](#)

Program Topics:

- ANTICANCER DIET
- ANTICANCER FITNESS
- ANTICANCER MINDSET
- ANTICANCER ENVIRONMENT
- ANTICANCER CHANGE

[www.anticancerlifestyle.org](http://www.anticancerlifestyle.org)

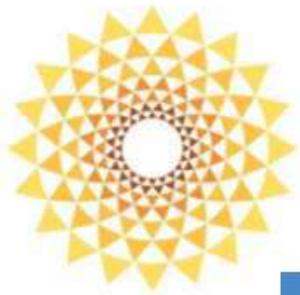


# Online Module – Environment

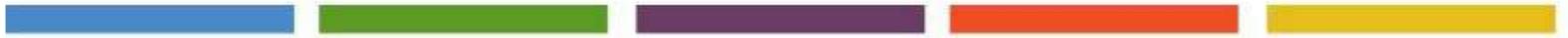


The screenshot shows the 'Anticancer Lifestyle Program' website. The header includes the logo, 'ANTICANCER ENVIRONMENT ONLINE COURSE', a 'WELCOME Daniel' message, a font size selector 'A- A+', and a 'LOGOUT' button. The main content area is divided into two columns. The left column contains a navigation menu with 'PART ONE' (Introduction, Environment & Cancer, Toxins, Personal Care Products, Cosmetics, Perfumes & Fragrances, Dry Cleaning, Fabrics, & Plastics, Part One Summary) and 'PART TWO' (Introduction, Household Cleaners, Plastic Containers, Teflon & Cookware, Household Pesticides, EMF & RF Exposure, Other Carcinogens, 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 placeholder text and a video player for 'Catherine De Waeghe, Green Living Expert, Course Instructor'. Below this is a 'PART ONE' section with 'Introduction to Part 1'. A large banner for 'TOPIC ONE: ENVIRONMENT & CANCER' lists 'Cancer Awareness', 'The 5 Environmental Keys', and 'Prioritizing Your Choices'. A second banner for 'TOPIC TWO: TOXINS' is partially visible at the bottom.

[www.anticanceronline.org](http://www.anticanceronline.org)

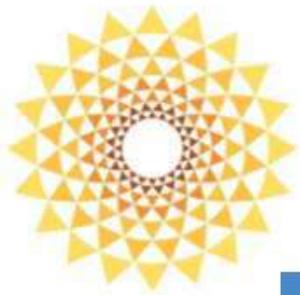


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## Participation To-Date

Total participants	Gender M/F	<49 years old	50-69 years old	>70
172	33/139	31	120	21

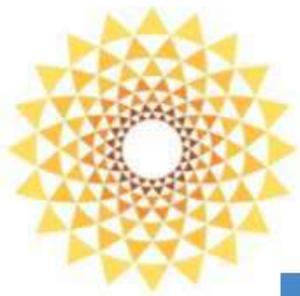


# Anticancer

## LIFESTYLE PROGRAM®

### Attracts a variety of diagnoses

Cancer site	Total number
Breast	101
Prostate	21
Leukemia/lymphoma	12
GYN	11
GI	9
Kidney & bladder	5
Skin	5
Lung	4
Other	4



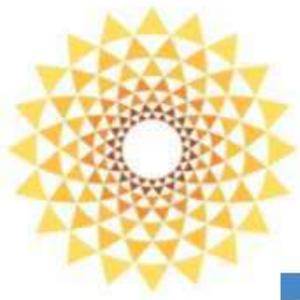
# Anticancer

## LIFESTYLE PROGRAM®

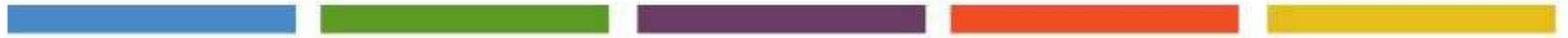


Participant Survey: “Since the end of the program, have you continued to make lifestyle changes?”

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%	####
Fall 2015	####	####

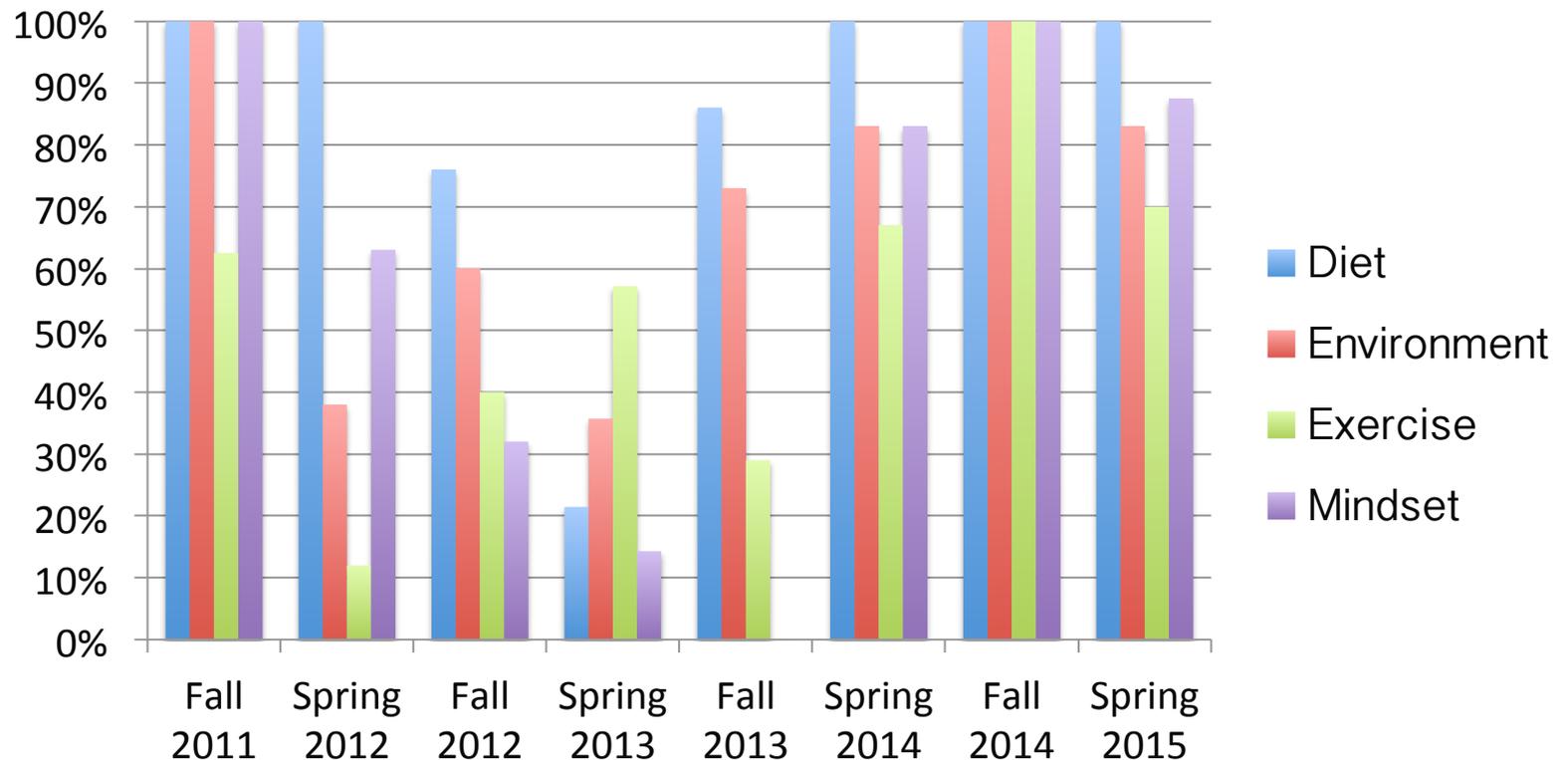


# Anticancer LIFESTYLE PROGRAM®



## ACLP Impact – Change by “Pillar”

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

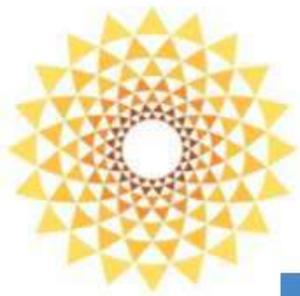




# Healthcare Provider Feedback



- 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



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For more information...

Contact Nancy Kane at [Nancy@anticancerfoundation.info](mailto:Nancy@anticancerfoundation.info)

See our program website at [www.anticancerlifestyle.org](http://www.anticancerlifestyle.org)

See our Anticancer Environment module at [www.anticanceronline.org](http://www.anticanceronline.org)



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