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
Our Mission

• 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?

- 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?

- 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

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

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

- 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?

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

• “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

• 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

- 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.
Website

www.anticancerlifestyle.org
Online Module – Environment

www.anticanceronline.org
## Participation To-Date

<table>
<thead>
<tr>
<th>Total participants</th>
<th>Gender M/F</th>
<th>&lt;49 years old</th>
<th>50-69 years old</th>
<th>&gt;70</th>
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<tbody>
<tr>
<td>172</td>
<td>33/139</td>
<td>31</td>
<td>120</td>
<td>21</td>
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Attracts a variety of diagnoses

<table>
<thead>
<tr>
<th>Cancer site</th>
<th>Total number</th>
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<tbody>
<tr>
<td>Breast</td>
<td>101</td>
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<tr>
<td>Prostate</td>
<td>21</td>
</tr>
<tr>
<td>Leukemia/lymphoma</td>
<td>12</td>
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<tr>
<td>GYN</td>
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<tr>
<td>GI</td>
<td>9</td>
</tr>
<tr>
<td>Kidney &amp; bladder</td>
<td>5</td>
</tr>
<tr>
<td>Skin</td>
<td>5</td>
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<tr>
<td>Lung</td>
<td>4</td>
</tr>
<tr>
<td>Other</td>
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</table>
Participant Survey: “Since the end of the program, have you continued to make lifestyle changes?”

<table>
<thead>
<tr>
<th>Session</th>
<th>3 months</th>
<th>12 months</th>
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<tbody>
<tr>
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<td>100%</td>
<td>93%</td>
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<tr>
<td>Spring 2012</td>
<td>100%</td>
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<tr>
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</tr>
<tr>
<td>Spring 2013</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Fall 2013</td>
<td>91.7%</td>
<td>85.7%</td>
</tr>
<tr>
<td>Spring 2014</td>
<td>100%</td>
<td>100%</td>
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<tr>
<td>Fall 2014</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Spring 2015</td>
<td>100%</td>
<td>######</td>
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<tr>
<td>Fall 2015</td>
<td>######</td>
<td>######</td>
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</table>
ACLIP 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.
For more information...

Contact Nancy Kane at Nancy@anticancerfoundation.info

See our program website at www.anticancerlifestyle.org

See our Anticancer Environment module at www.anticanceronline.org

Like us on Facebook at Anticancer Lifestyle