

EATING AND PHYSICAL ACTIVITY HABITS OF AYA CANCER PATIENTS AND SURVIVORS. CORRELATIONS WITH BODY IMAGE AND SELF-ESTEEM.



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BACKGROUND

Many Adolescent and Young Adults (AYAs) cancer patients and survivors **do not engage in healthy eating and physical activity** recommendations.

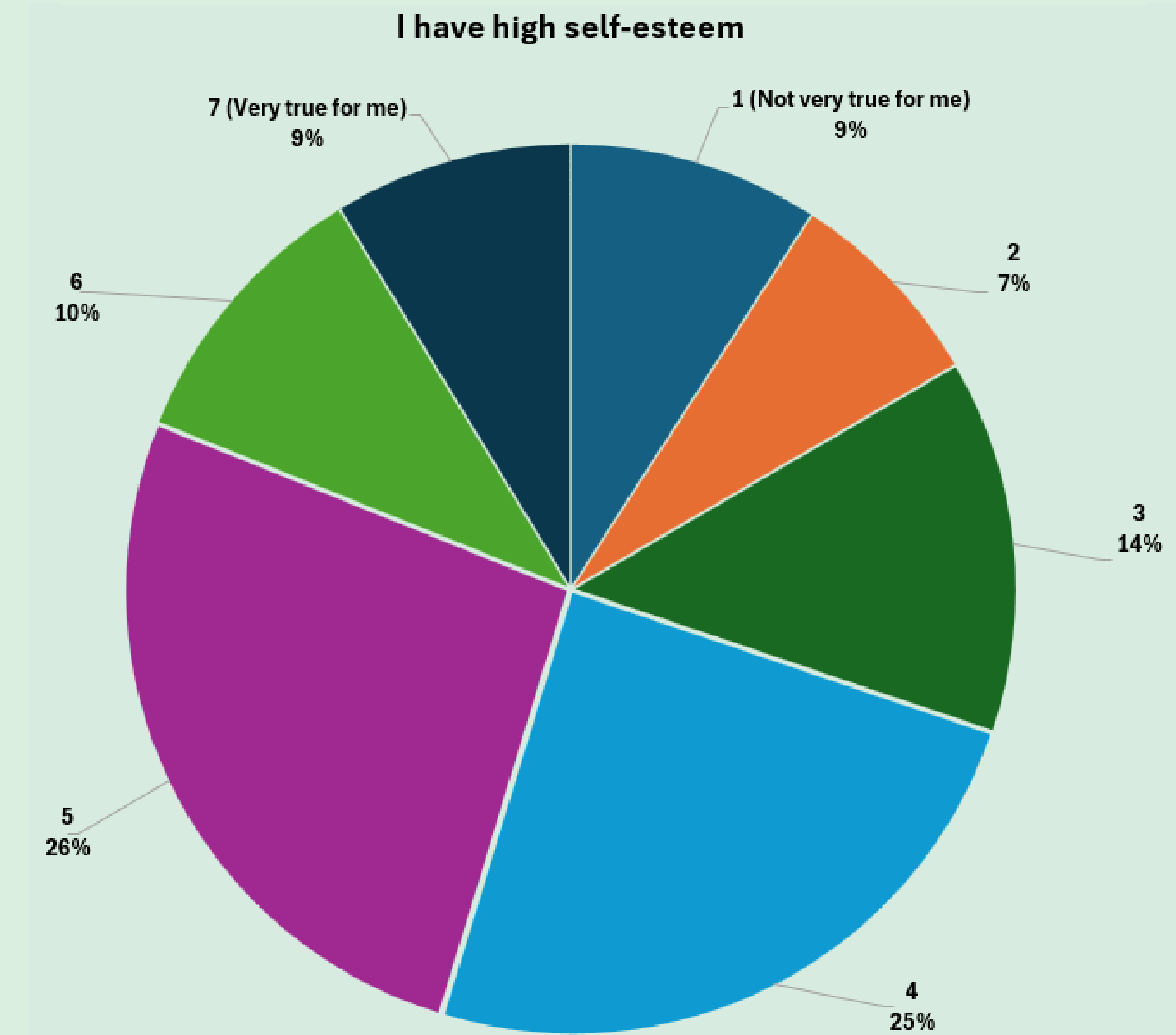
Cancer treatment often causes **temporary and permanent alterations** in a person's **physical appearance**.

The primary aim of this study was to investigate the **potential correlations** between **eating and physical activity (PA)** habits of **AYA cancer patients and survivors** with **body image and self-esteem**.

AYA cancer patients and survivors may experience an **altered sense of body image**.



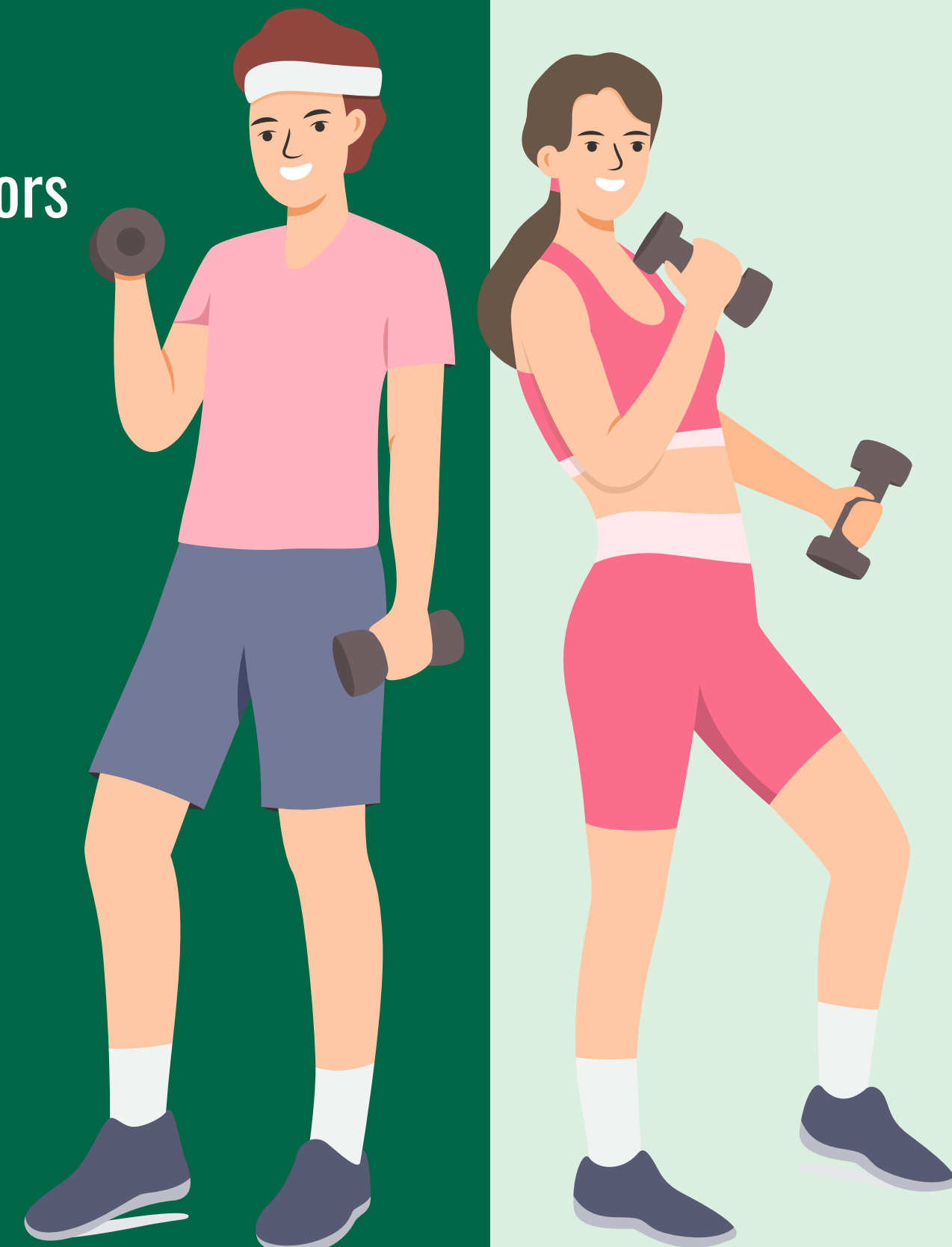
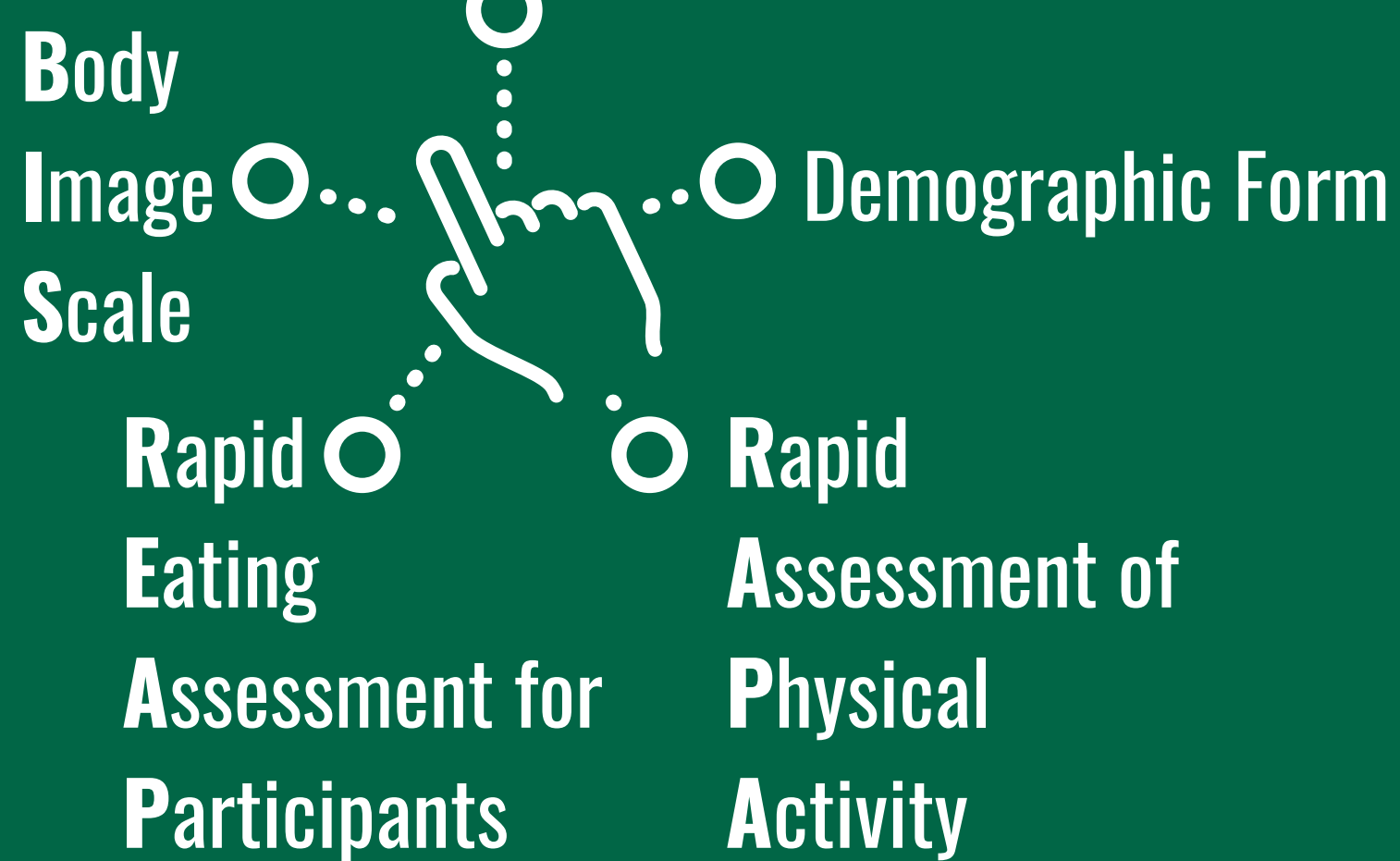
Results might indicate some response bias considering that about half of the sample chose answers from the middle of the range



METHODS

- Cross-sectional study with AYA cancer patients and survivors from Moffitt Cancer Center (n=273).
- Participants anonymously responded to an online survey.

Single-item Self-esteem Scale



Variable	%
Gender	
Female	82.8
Male	15.8
Patient Status	
Still in Tx	36.3
Survivor	63.7
Race/ethnicity	
White	65.2
Hispanic	16.5
Black/African American	10.6
Other	7.3
BMI	
Underweight	1.8
Healthy weight	35.9
Overweight	25.6
Obese	31.1

	Healthy eating	Body image
Healthy eating	Pearson Correlation	1
	Sig. (2-tailed)	<.001
Body image	Pearson Correlation	-.258**
	Sig. (2-tailed)	<.001

** . Correlation is significant at the 0.01 level (2-tailed).
b. Listwise N=226

Predictor (Self-esteem)	Sum of Squares	df	Mean Square	F	p
Healthy eating	228.795	6	38.132	1.882	.084

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	8.844	1	8.844	2.986	.085 ^b
	Residual	Physical activity	224	2.962		
	Total	672.358	225			

a. Dependent Variable: Healthy eating
b. Predictors: (Constant), Body image

	Physical activity	I have high self-esteem
Physical activity	Pearson Correlation	1
	Sig. (2-tailed)	.196**
I have high self-esteem	Pearson Correlation	.196**
	Sig. (2-tailed)	.001

** . Correlation is significant at the 0.01 level (2-tailed).
b. Listwise N=265

KEY FINDINGS

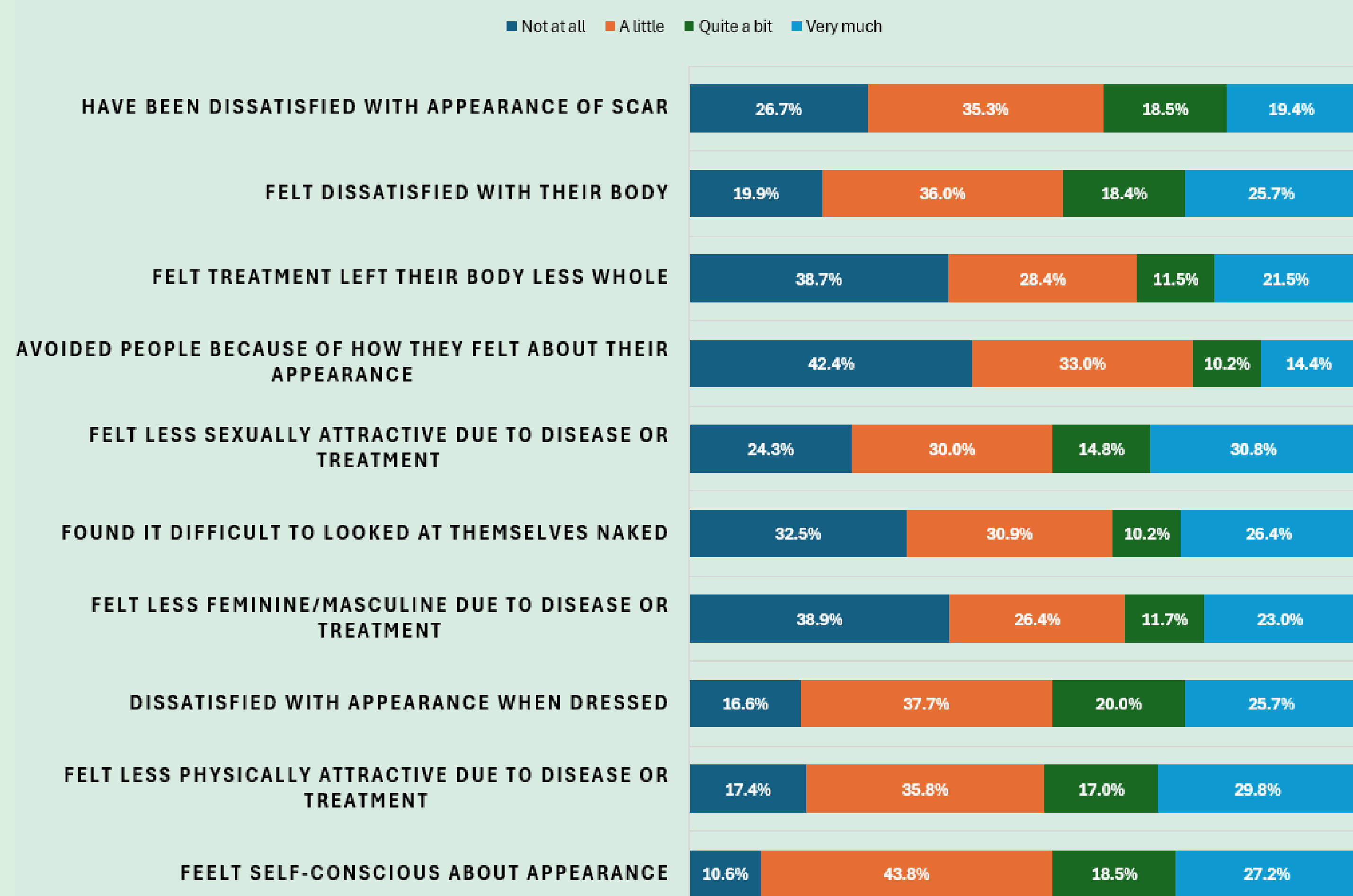
1. AYA cancer patients and survivors reported no difference in eating or physical activity patterns.
2. There was also no statistically significant difference between AYA cancer patients and survivors' self-esteem and body image values.
3. Participants' eating habits were correlated to body image, while physical activity was correlated to self-esteem.

TAKE-AWAY

- Participants with **better adherence to healthy eating guidelines** are more likely to report **less body image disturbances**.
- Participants with **better adherence to physical activity guidelines** were found to report **higher self-esteem**.



BODY IMAGE SCALE



Between 33% to 42% of the participants did not face issues related to feeling less masculine or feminine, avoiding people due to appearance, looking at their naked bodies, and feeling their body less whole due to treatment



Scan me!