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Title: Feasibility and Acceptability of an Anti-Inflammatory Lifestyle Intervention for Emerging Adult Cancer Survivors

Emerging adulthood (ages 18-29) is a distinct life stage between adolescence and established adulthood, and is associated with declines in physical activity and increased intake of unhealthy foods. These behaviors contribute to high rates of overweight and obesity in this population. Further, emerging adults report poor sleep in addition to high rates of stress, depression, and anxiety, which interfere with behavioral weight management. Emerging adult cancer survivors (EACS) are at even greater risk for overweight/obesity and the behavioral and psychological disruptions associated with this developmental period; however, no evidence-based behavioral weight loss intervention exists for EACS.

We developed and tested a 4-month group-based anti-inflammatory lifestyle intervention (AILI) for emerging adults designed to target diet quality, physical activity, sleep, stress, and mood. Results indicated that this intervention was feasible and acceptable; in addition, participants (N=19) experienced improvements in weight, depression, anxiety, and dietary quality. We do not know whether a similar pattern of results would be seen if EACS enrolled in AILI, given that they have unique concerns that compound the existing challenges of emerging adulthood in general.

The goal of this proposal is to adapt AILI for EACS age 18-29 and conduct a single-arm pilot study to assess feasibility and acceptability. The first phase of this project will convene a community advisory board (CAB) composed of EACS and other stakeholders and professionals in order to provide input regarding AILI adaptations needed for enhanced relevance and feasibility for EACS. The second phase will recruit and enroll 16 EACS with overweigh/obesity into a single-arm feasibility pilot study with data collection visits at baseline and 4 months.