

Recruiting participants to a randomized controlled trial of a diet and physical activity intervention among Latina breast cancer survivors

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BACKGROUND

- Cancer survivors are recommended to eat a diet high in fruits and vegetables (F/V) (≥5 servings/day) and low in energy dense foods, and to engage in regular moderate-to-vigorous physical activity (MVPA) (150 minutes/week).
- Most Latina breast cancer (BC) survivors do not meet diet and PA recommendations and many lack the knowledge/skills needed to sustain diet and PA changes.

METHODS

- The ***Mi Vida Saludable*** (*My Healthy Life*) study is a randomized, controlled, 2x2 factorial trial testing the effects of a behavioral, in-person and electronic health (eHealth) communication program on changing diet and PA behaviors among Latina BC survivors (R01CA186080, PI: H Greenlee).
- The primary aims of the trial are to test the effects of the intervention on changing daily intake of F/V and MVPA from baseline to 12 months.
- Potential participants were identified via several recruitment methods: Columbia University Breast Oncology Clinic, Columbia University Medical Center database, community outreach, partnerships with local medical institutions, and breast cancer awareness events.

In-person diet & physical activity classes			
		Yes	No
Motivational eHealth communication	Yes	Arm A: In-person classes x 4 weeks + eHealth communication x 12 months	Arm B: eHealth communication x 12 months
	No	Arm C: In-person classes x 4 weeks	Arm D: Control group

Figure 1. Randomization schema. Participants are randomized to four arms (target enrollment n=200). All participants receive a Fitbit, 30-minute health coaching session, and printed materials.

