Title

Phase II feasibility study of a physical activity and dietary change weight loss intervention in a subset analysis of breast cancer survivors (SWOG S1008).

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Abstract 9572

Background:

Weight loss among overweight and obese breast and colorectal cancer survivors is hypothesized to be associated with improved disease-free survival. Phase III trials are needed to test effective and implementable weight loss interventions in breast and colorectal cancer survivors.

Methods: We conducted a feasibility study of a 12-month community-situated physical activity and telephone-based dietary change weight loss intervention in female breast and colorectal cancer survivors. We report the primary outcomes for the breast cancer (BC) cohort. Sedentary postmenopausal women with prior Stage I-III BC and BMI ≥ 25 kg/m^2 were eligible. Primary objectives were to assess feasibility and weight loss at 12 months. Target accrual was 25 BC participants (ppts). Ppts were assigned a telephone counselor and given a 12-month membership to a local Curves fitness center, which offers a 30-minute circuit-based exercise program. Ppts were counseled 14 times over 12 months and were instructed to exercise 150 minutes/week, walk 10,000 steps/day, and decrease caloric intake by 500 kcal/day. The intervention would be considered feasible if full accrual was met within 10 months, ≥ 68% of ppts met minimum goals for exercise (attend ≥ 2 exercise sessions/week for ≥ 36 weeks) and diet (reduce caloric intake by ≥ 100 kcal/day and/or increase fruit/vegetable intake by ≥ 1 serving/day) (adherence), and ≥ 68% of ppts provided anthropometric measures at 12 months (retention).

Results: Among 25 evaluable ppts, median age was 57.3 years with median BMI 37.5 kg/m^2 (range 27.7-54.6), 64% Stage I, and median 2.1 years from diagnosis. Accrual occurred in 10 months, 80% of ppts provided anthropometric measures at 12 months, 96% of ppts met the diet goal, and 28% of ppts met the exercise goal. Thus feasibility goals were met, with the exception of exercise adherence as defined a priori. At 12 months, average weight loss was 7.6% (95% CI -3.9%, 19.2%) with median weight loss of 7.1%.

Conclusions: It is feasible to recruit and retain BC survivors in a multicenter weight loss trial using dietary change plus physical activity to achieve clinically meaningful weight loss over 12 months.

Clinical trial information: NCT01453452.