Factors associated with physical activity among survivors of adolescent and young adult cancer: the National Health Interview Survey

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BACKGROUND

• Physical activity (PA) is associated with lower rates of mortality1 and lower incidence cardiovascular disease2 in cancer survivors.
• Survivors of adolescent and young adult (AYA) cancer (diagnosed between ages 15-39) are unlikely to meet PA guidelines set by the American Cancer Society3.
• The factors associated with PA in this population is not well studied.

METHODS

• We identified 5556 AYA cancer survivors from the 1997-2018 National Health Interview Survey that had self-reported PA information.
• Physical activity was defined as: minutes of moderate or vigorous PA (MVPA) in metabolic equivalents per week (MET*min*wk).
• Multiple linear regression was used to determine the demographic and socioeconomic factors that are associated with MVPA.

RESULTS, continued

• Forty percent (40%) of AYAs met national guidelines for weekly minutes in MVPA.
• Weekly minutes of MVPA was 32% lower in black compared to white AYAs (*p=0.01). No other race/ethnic differences were demonstrated.
• A college degree was associated with 67% greater weekly minutes of MVPA (**p<0.0001) and a bachelor’s degree or more was associated with a nearly 4-fold greater time in MVPA (**p<0.0001) compared to those with less than a high school education.
• Household income of $50,000 was associated with 79% greater minutes of MVPA compared to those with an income of <$50,000 (**p<0.0001).

RESULTS, continued

• Race and socioeconomic factors, such as household income and educational status, were associated with MVPA in AYA cancer survivors.
• Future interventions should be aimed at these subpopulations.

REFERENCES


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