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Changes in diet following a cancer diagnosis in Scotland.

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2017

Changes in diet following a cancer diagnosis in Scotland

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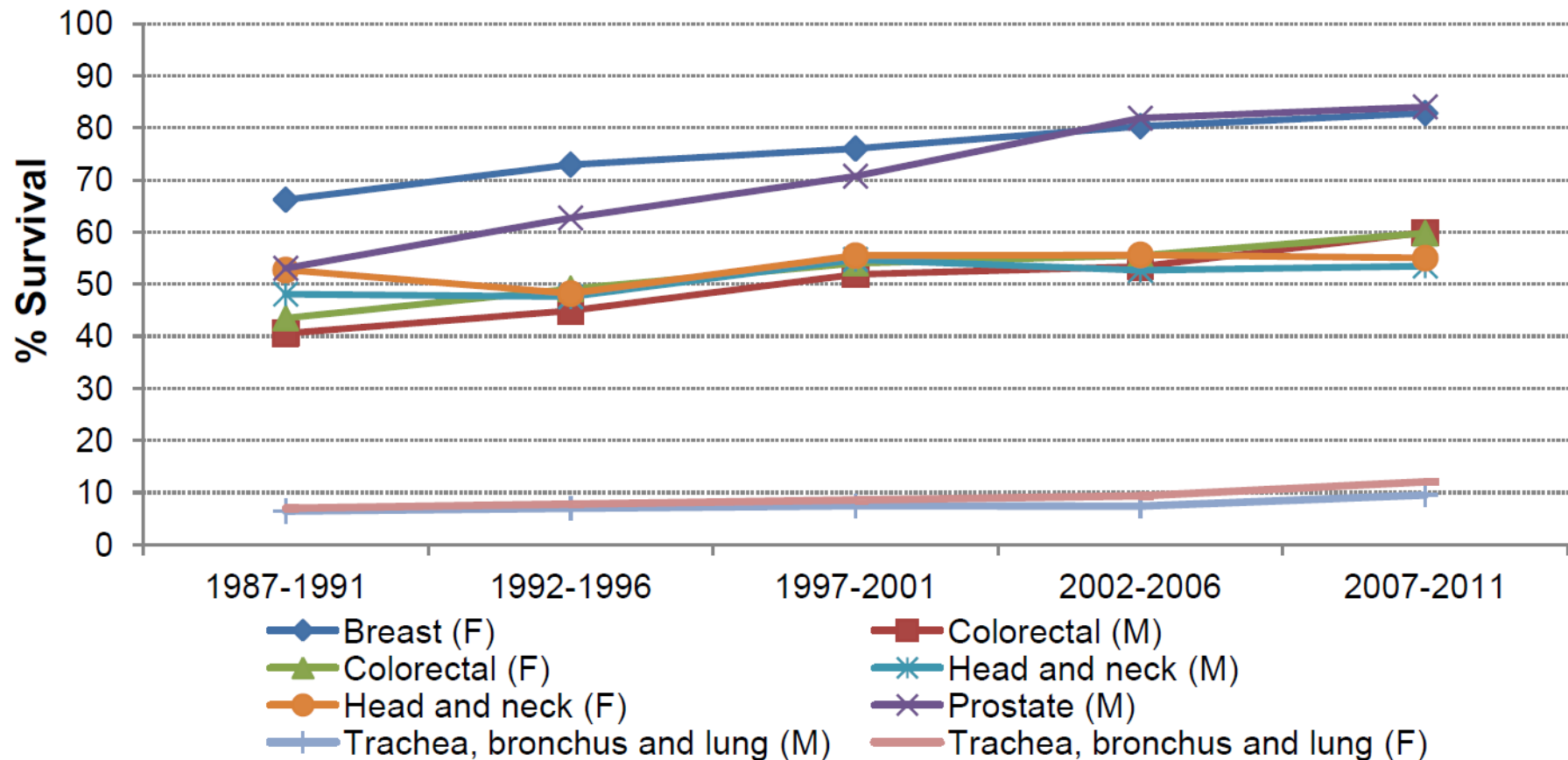


Cancer survival in Scotland

ISD Scotland, 2015

Age-standardised relative survival at 5 y after diagnosis

(Patients aged 15-99y, diagnosed 1987-2011/2)



Aims & objectives

Aim

To assess diet and attitudes towards diet in cancer survivors in Scotland.

Objectives

- To assess changes in diet after first cancer diagnosis.
- To determine what information about diet was received or obtained after first cancer diagnosis.
- To explore attitudes towards current diet.
- To explore barriers to improving the diet of cancer survivors.

CLAN Cancer Support



CLAN Haven – affordable B&B accommodation

Support groups
Salon service
Library & info service
Children & families service
Complementary therapies
Social & wellbeing activities
Emotional support & counselling



Methods

- ☑ M&F aged 18+ years who had received a diagnosis of cancer and used CLAN Cancer Support in Aberdeen.
- ☒ BMI <18.5 kg/m² or following specific dietary advice from their doctor or dietitian.
- ☑ Questionnaires distributed in March 2015 and March 2016 to CLAN users by post (randomly selected), at organised events, and via CLAN volunteers.
- ☑ Approved by RGU School of Pharmacy and Life Sciences Ethics Review Committee.



Participant characteristics

	n	%
Sex		
Male	32	43.2
Female	42	56.8
Age group (years)		
35-44	6	8.1
45-54	7	9.5
55-64	27	36.5
65-74	28	37.8
75+	6	8.1
BMI group (kg/m2)		
18.5 - 24.99	31	41.9
25.0 - 29.99	30	40.5
30.0 - 34.99	9	12.2
35.0 - 39.99	0	0
40.0+	2	2.7
Missing	2	2.7

	n	%
First cancer diagnosis		
1999 or earlier	6	8.1
2000 - 2002	3	4.1
2003 - 2005	5	6.8
2006 - 2008	6	8.1
2009 - 2011	18	24.3
2012 - 2014	23	31.1
2015 - 2016	13	17.6
First cancer diagnosed		
Breast	25	33.8
Myeloma	14	18.9
Prostate	13	17.6
Kidney	3	4.1
Other	19	25.7

Red meat & battered fish



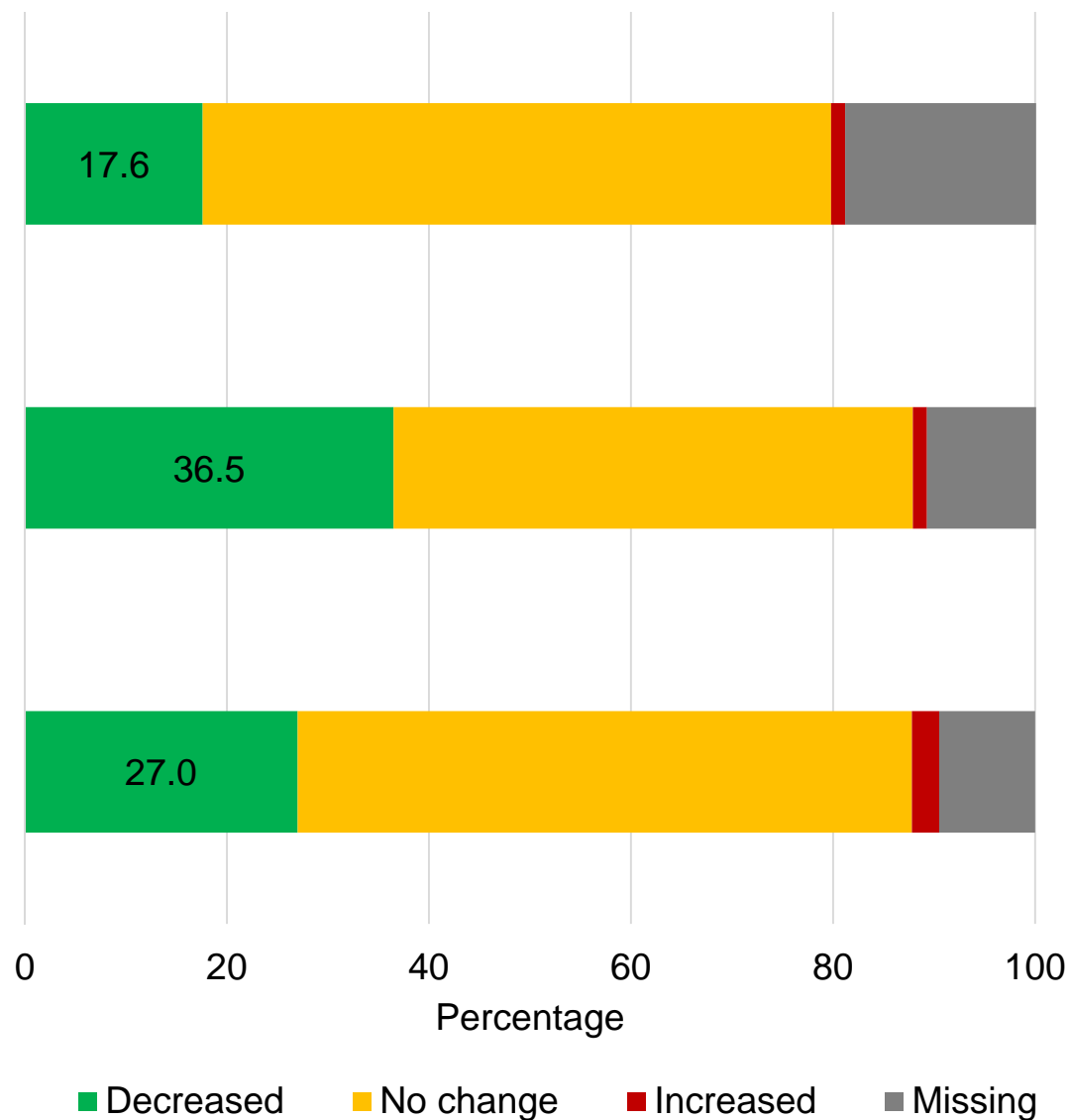
Fried fish in batter



Processed meat



Red meat



Biscuits & cakes



Buns, sweet pastries, scones, flapjacks, croissants, doughnuts

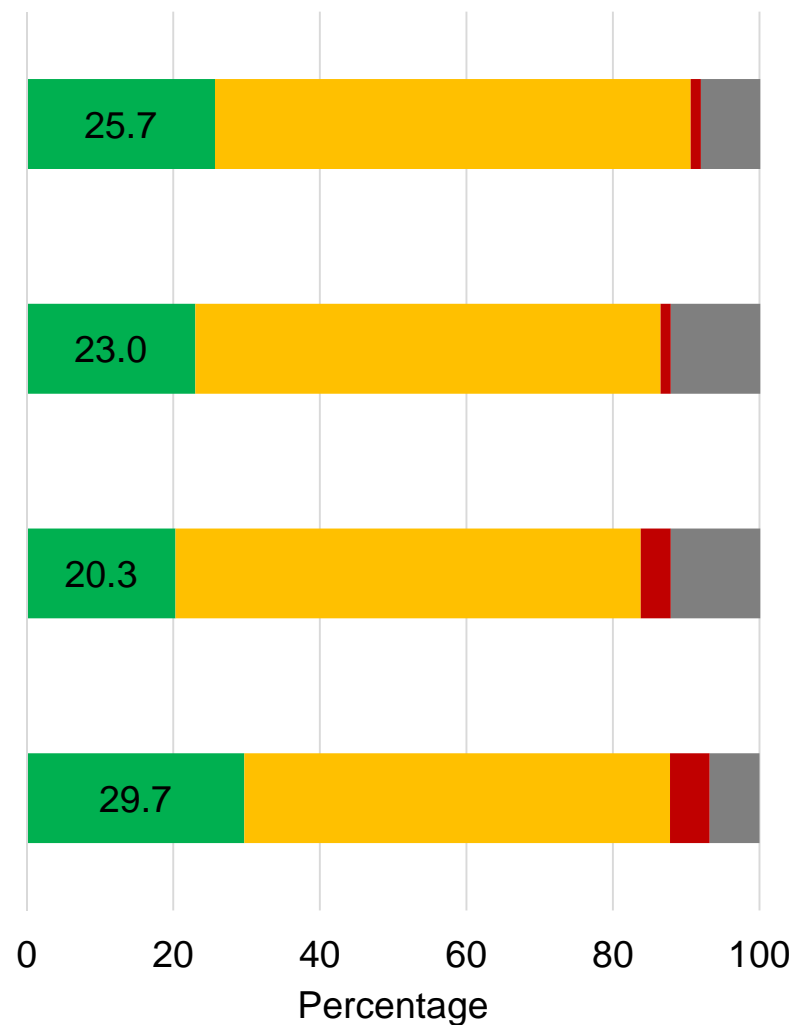


Cakes



Sweet biscuits & chocolate biscuits

Plain biscuits



Decreased No change Increased Missing

Confectionery, crisps & soft drinks



Regular fizzy soft drinks



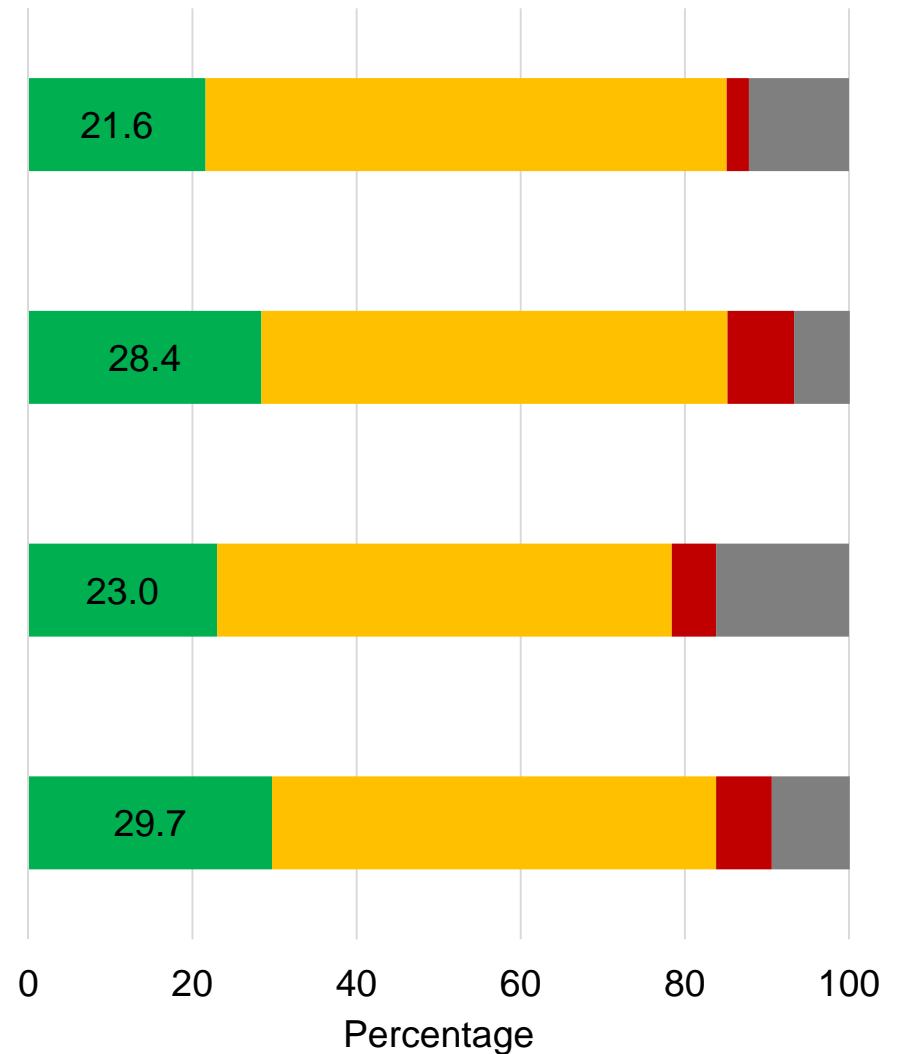
Crisps or other packet snacks



Sweets, toffees, mints



Chocolates and chocolate bars



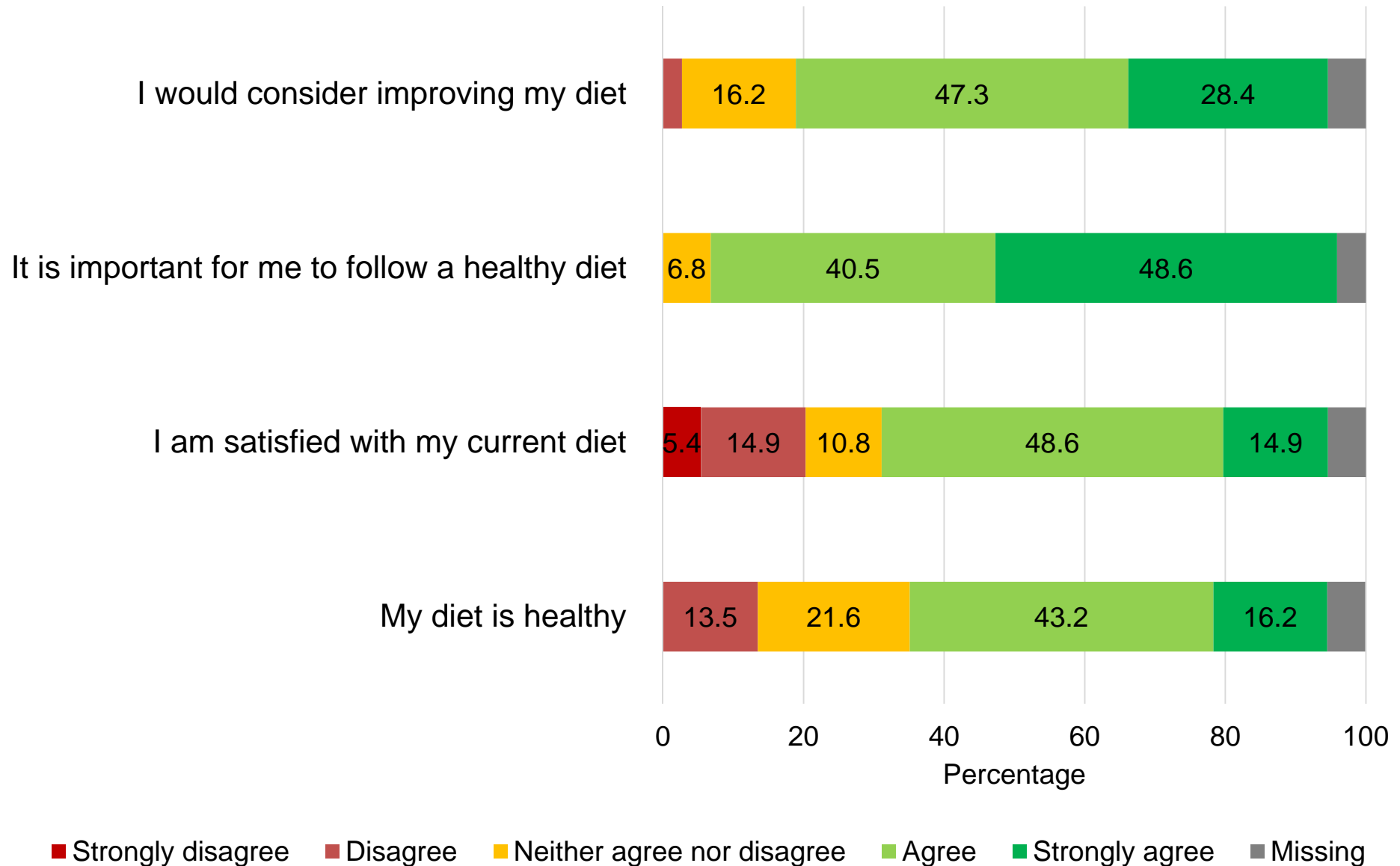
■ Decreased ■ No change ■ Increased ■ Missing

Info received or obtained about diet

- Only **31.1%** reported receiving or obtaining information about diet after their first cancer diagnosis.
- The most common sources of information were:
 - ✓ Dietitian (**13.5%**)
 - ✓ Internet (**9.5%**)
 - ✓ Information leaflets (**8.1%**)
 - ✓ Books (**6.8%**)
 - ✓ Newspaper/magazines (**6.8%**)
 - ✓ Nutritionist (**6.8%**)
 - ✓ Nutritional therapist (**1.4%**)



Attitudes towards current diet



Barriers to improving diet: key themes

1. Diseases, intolerances and medicines that affect appetite, taste, food choice, portion size and eating patterns.
2. Difficulty avoiding certain factors.
3. Providing meals suitable for the whole family.
4. Difficulty resisting foods that they enjoy eating.

“My diet is a result of my cancer diagnosis. I am a prisoner of this disease.” P10

“Supermarkets have improved selection of food available, however these are laden with preservatives which I avoid.” P34

“Trying to find meals the whole family will enjoy which are healthy” P5

*“I love chocolate and sweeties!”
P65*

Barriers to improving diet: key themes

5. Not liking certain foods.
6. Lack of time and/or energy.
7. Lack of cooking and/or nutrition knowledge.
8. Cost.
9. Living alone and cooking for one.

"I hate fish but eat it twice a week." P10

"Knowledge of cooking is lacking also knowledge of nutrition is poor and finding it hard to find correct info, lots of confusing info online" P2

"As I am single and was made unemployed by my cancer I could not afford certain foods" P64

Conclusions

- Individuals may make positive changes to their diet following a cancer diagnosis.
- Survivors may be receptive to recommendations to further improve their diet.
- Further research is needed to understand:
 - ✓ How best to deliver dietary advice to affect behaviour change.
 - ✓ The role that local charities can make in supporting cancer survivors to make healthier dietary choices.

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