

RELATIONSHIPS BETWEEN FRUIT AND VEGETABLE INTAKE AND FINANCIAL TOXICITY IN AUSTRALIAN CANCER SURVIVORS

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BACKGROUND

Cancer survivors are encouraged to engage in healthy eating behaviours, including adequate fruit and vegetable intake – 2 and 5 servings per day, respectively. However, procuring these perishables to meet the recommended amount can be difficult and financially burdensome. It is unknown if a relationship between fruits and vegetables intake and financial toxicity in cancer survivors exists.

AIM

To **report** the levels of fruits and vegetables intake and **examine** if a relationship exist between them and financial toxicity in a group of Australian cancer survivors.

METHODS

Figure 1 describes the study cohorts included, and interest of outcomes collected for this study. Regression analyses (adjusted for income or employment where available) were performed to examine the relationships between these variables.

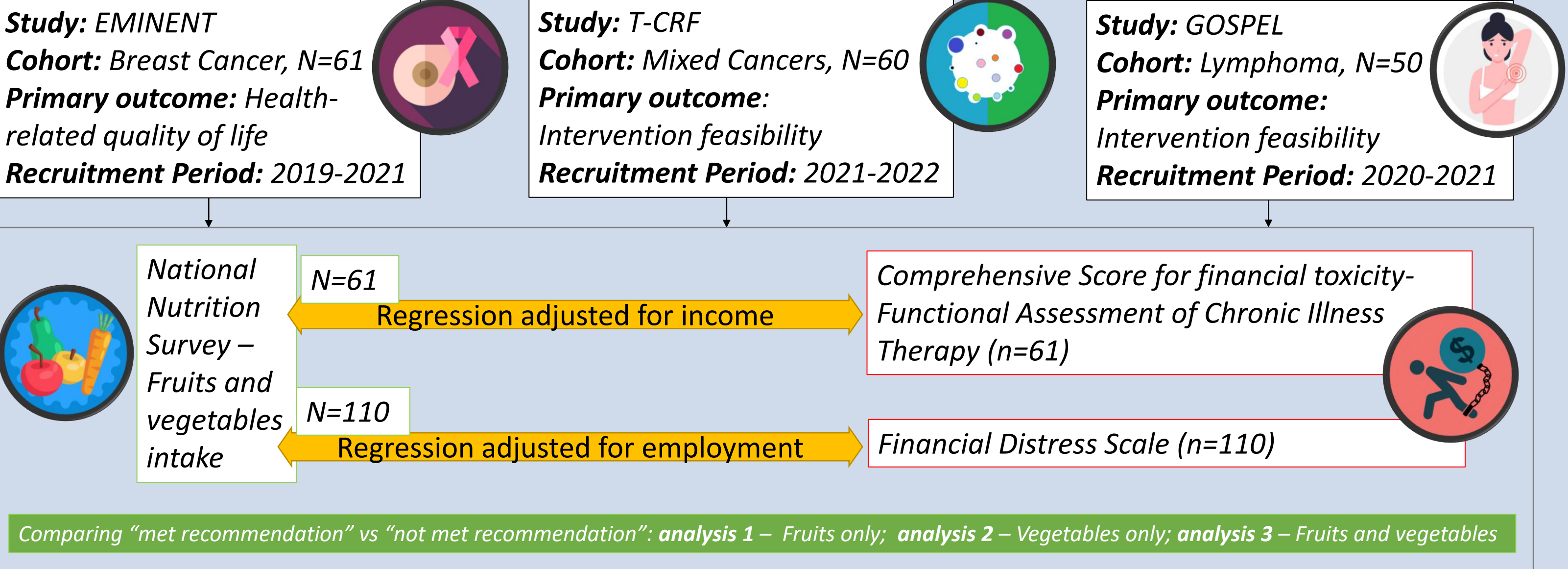


Figure 1. Three cohorts (EMINENT, TCRF, GOSPEL) of cancer survivors and outcomes of interests analysed

RESULTS

Table 1. Characteristics of three cohorts of Australian Cancer Survivors

	EMINENT (n=61)	T-CRF (n=60)	GOSPEL (n=50)	Total
Age	62.9 ±10.9	57.7 ±13.2	62.5 ±13.3	61.0 ±12.6
Body Mass Index	28.6 ±5.5	28.3 ±9.0	28.0 ±6.0	28.3 ±7.0
Sex				
Female	61 (100)	33 (55)	25 (50)	119 (70)
Male	0 (0)	27 (45)	25 (50)	52 (30)
Employment				
Paid	-	13 (22)	23 (46)	36 (33)
Unpaid or unemployed	-	47 (78)	27 (54)	74 (67)
Income level (annual, AUD\$)				
< 15,599	13 (21)	-	-	13 (21)
15,600 to 41,599	16 (26)	-	-	16 (26)
41,600 to 77,999	13 (21)	-	-	13 (21)
78,000 and more	10 (16)	-	-	10 (16)
prefer not to say	9 (15)	-	-	9 (15)

Table 2. Fruits and vegetables intake in three cohorts of Australian Cancer Survivors

	Fruits	Vegetables
Number of participants that met the recommended servings	18% (n=30/171)	57% (n=97/171)
Total servings per day	1.9 ±1.4	3.2 ±2.4
Range of servings per day	0 to 7	0 to 16

1 serving of fruit = 1 medium apple, banana, or orange; 1 serving of vegetable = ½ cup cooked vegetables or 1 cup uncooked salad vegetables

- The total number of participants that met the daily recommended intake of **BOTH** fruits and vegetables is only **15%** (n=25/171).
- After adjustment for income or employment, there were **no statistically significant differences** in financial toxicity between those who met the recommendation for ‘Fruits and vegetables’ ‘vegetable only’ or ‘fruit only’ than those that did not.

CONCLUSIONS

- Fruits and vegetables intake was poor in this population and not associated with the level of financial toxicity. A qualitative study may be helpful to explore barriers and enablers to this.



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