

Bridging Gaps in Awareness of Cancer-Associated Lifestyle Factors in Adolescents and Young Adults

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Introduction/Objectives:

Cancer is a major public health concern with rising incidence globally. Adolescents and young adults (AYAs) have distinct lifestyle patterns influencing cancer risk. This study assessed awareness and educated AYAs about cancer-associated lifestyle factors.

Results:

- N=360 (47.2% male, 52.8% female, age 15–39)
- 92.5% aware of smoking as a cancer risk
- Lower awareness for:
 - High-fat diet (28.3%)
 - Low fruits/vegetables intake
 - Insufficient physical activity (38.3%)
 - Obesity (36.1%)

Keywords: Lifestyle behavior, cancer, adolescents, young adults, awareness, prevention

Materials and Methods:

- Cross-sectional interventional study
- March – June 2023 at Regency Hospital, Kanpur
- Predesigned, validated questionnaire
- Descriptive & analytical analysis (SPSS, Chi-square test)

Conclusion:

Significant gaps exist in AYAs' knowledge of lifestyle cancer risk factors. Targeted education is vital to bridge this gap and promote preventive behaviors.

Awareness %

