**Table 24a. Description of interventions in studies on populations with cancer**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Duration of Intervention** | **Control/ usual care** | **Active intervention, Self-management** | **Active intervention, Diet** | **Active intervention, Physical Activity** | **Comment** |
| Chlebowski, 20061 | 72 months | Usual care/baseline dietitian visit then dietitian contact every 3 months, written information, vitamin and mineral counseling |  | Fat intake reduced to 15% while maintaining nutritional adequacy; incorporated SCT principles; no counseling on weight reduction; eight biweekly individual, in person counseling sessions, then dietitian contact every 3 months. Subjects keep daily food record. |  |  |
| Djuric, 20022 | 12 months | Usual care/no intervention  Given Food Guide Pyramid from National Dairy Council, but not discussed |  | 3 active diet arms: low fat, high fruits and vegetables, combination of low-fat/high fruits and vegetables; data collected using 24-h recall, food frequency questionnaires, and 4-day food records; RD’s taught women how to keep food records; monthly group meetings held for each diet group; participants met with RD weekly until they understood dietary assignment |  | Subjects were also stratified by race (Caucasian vs. non-Caucasian); low fat arm had high dropout rate so randomization scheme was rebalanced so more subjects were randomized to low fat arm over last year of study |
| Schwartz, 20093 | 12 months | Usual care/no intervention |  |  | Physical activity: Education, One time session, Exercise: Individual (running, lifting, swimming)  Times/sessions per week : 4times per week lasting 20 minutes  Moderate intensity range on Borg rating of perceived exertion scale.  Subjects were asked to perform weight bearing aerobic exercise, like walking, jogging or dancing. |  |

**References**

1. Chlebowski RT, Blackburn GL, Thomson CA, et al. Dietary fat reduction and breast cancer outcome: Interim efficacy results from the women's intervention nutrition study. J. Natl. Cancer Inst. 2006; 98(24):1767-76.

2. Djuric Z, Poore KM, Depper JB, et al. Methods to increase fruit and vegetable intake with and without a decrease in fat intake: Compliance and effects on body weight in the nutrition and breast health study. Nutr. Cancer 2002; 43(2):141-51.

3. Schwartz AL, Winters-Stone K. Effects of a 12-month randomized controlled trial of aerobic or resistance exercise during and following cancer treatment in women. Phys Sportsmed 2009; 37(3):62-7.

4. Wijndaele K, Lynch BM, Owen N, et al. Television viewing time and weight gain in colorectal cancer survivors: a prospective population-based study. Cancer Causes Control 2009; 20(8):1355-62.