USING BREAST CANCER NOW VOLUNTEERS TO DELIVER A LIFESTYLE INTERVENTION - EXPERIENCES FROM THE ACTWELL TRIAL

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BACKGROUND

Most breast cancers occur in women over the age of 50. ActWELL was a randomised controlled trial that aimed to lower breast cancer risk by supporting women, of breast screening age, to make sustainable lifestyle changes (physical activity, diet and bodyweight) over 12 months. It was believed that partnerships with a health charity could potentially increase reach into local communities.

At least 23% of breast cancer cases in the UK could be preventable through making lifestyle changes.

PROJECT OVERVIEW

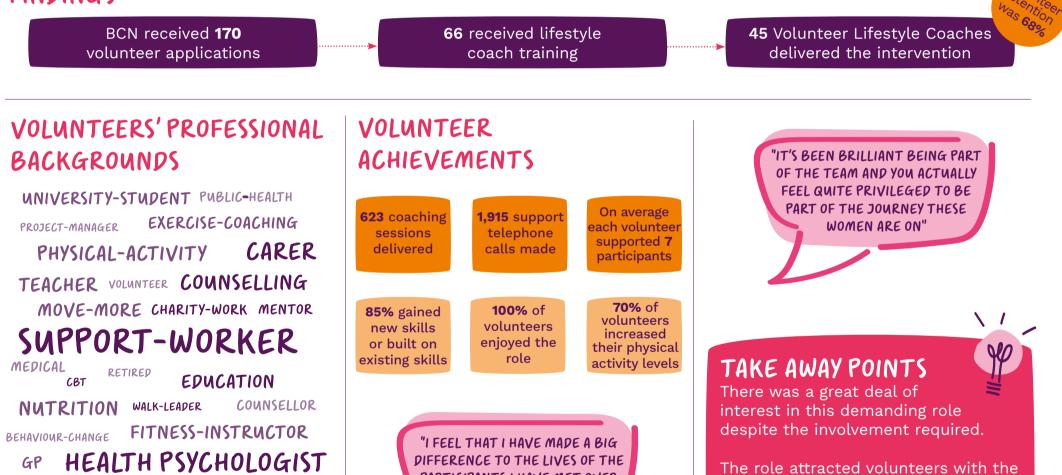
Breast Cancer Now (BCN) recruited, managed, and co-ordinated a team of volunteer lifestyle coaches. Volunteers received training in the ActWELL intervention from the Research Team and BCN. The intervention was delivered in person at local leisure centres.

ACTWELL TRIAL DELIVERY



Images courtesy of ActWELL

FINDINGS



PARTICIPANTS I HAVE MET OVER

THE COURSE OF THE TRIAL"

The volunteers were committed to see the trial through to completion.

appropriate skills and experience.



CONCLUSION

NURSE

The ActWELL study was a successful collaboration between higher education institutions and the voluntary sector, showing that volunteers can deliver a lifestyle change programme in the community. Overall, this highlights the potential to address gaps in current public health efforts.



HEALTH PROMOTION

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