



CANCER NUTRITION CONSORTIUM

Nutritional Guidance & Support

Historically the CNC was initiated on March 4, 2011 with the goal of developing a scientific survey of the nutritional needs of patients undergoing chemotherapy and or radiation therapy.

Research Objectives:

- The primary objective is to gain insights from cancer patients on food and beverage habits and preferences since beginning treatment. Specifically, the research provides:
- A profile of patients on active cancer treatment
- Type of cancer, when diagnosed, type of treatments
- Eating drinking preferences, usage of supplements, activity levels
- Symptoms experiencing and what precludes them from having healthy diets
- Demographic information Ø
- The appeal of different foods and beverages (ones avoiding and preferring)
- The appeal of other products and services
- A list of recipes or food dishes that appeal to them during treatment
- Differences, if any, by type of cancer patient, demographics or behaviors n

Results will be used to identify products, develop recipes or tips, products or services that will appeal to cancer patients. Further research is then recommended to gain reactions to the food products, recipes and preparation of in-home meals.

Methodology

The survey was developed in partnership, bringing together medical and marketing research expertise.

Once the centers received IRB approval, paper surveys were completely anonymously among cancer patients 18+ years, which were actively undergoing treatment.

A total of 1,203 surveys were collected and analyzed from seven medical centers:

Roswell Park Cancer Institute (302)q

New York University Clinical Cancer Center (298)q

Dana Farber/Brigham and Women's Cancer Center (199)q

Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins (118)q
University of Chicago Comprehensive Cancer Center (109)q
Mayo Clinic Cancer Center (100)q
Cedars-Sinai / Samuel Oschin Comprehensive Cancer Institute (77)q

Surveys were collected between April and December, 2012.

At a meeting of all participants in West Palm Beach in May 2013 the following goals were set forward:

- Production of a scientific manuscript by Kisha Coa in the Department of Public Health at Johns Hopkins
- Develop a website for patients, care givers and health care professionals to:
 - Provide information on the scientific survey findings In a format to assist in the nutritional care of patients undergoing therapy.
 - Provide recipes based on the survey
 - Provide a link to other research information on cancer nutrition and clinical trials
 - A patient centric blog that is monitored allowing patients to trade healthy cooking and nutritional ideas.
- New products developed from the scientific survey.
- Production of professional videos by Culinary Chefs based on the recipes that would be web based and a full length cooking program with the assistance of professional chefs
- A course curriculum developed by the Culinary Institute of America with Yale with the target audience of health care professionals and those who would like to have an opportunity to understand the nutritional requirements of this segment.