

OAC CONNECTS US

EU Network for Young Cancer Survivors



Patient Advocacy Seminar
Berlin, Oct 30

OAC
outdooragainstcancer.com

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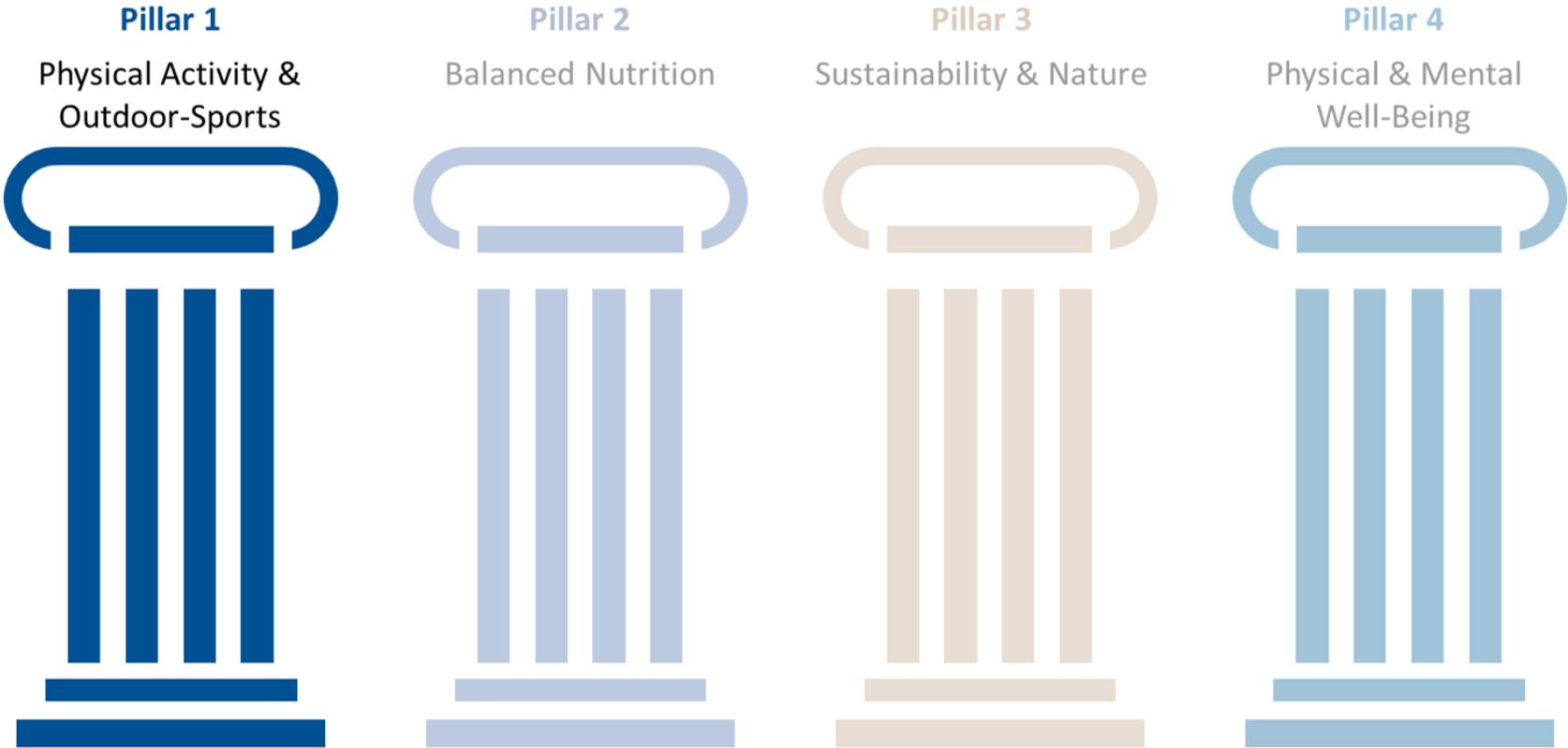


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The 4 Key Pillars of a Healthy Lifestyle



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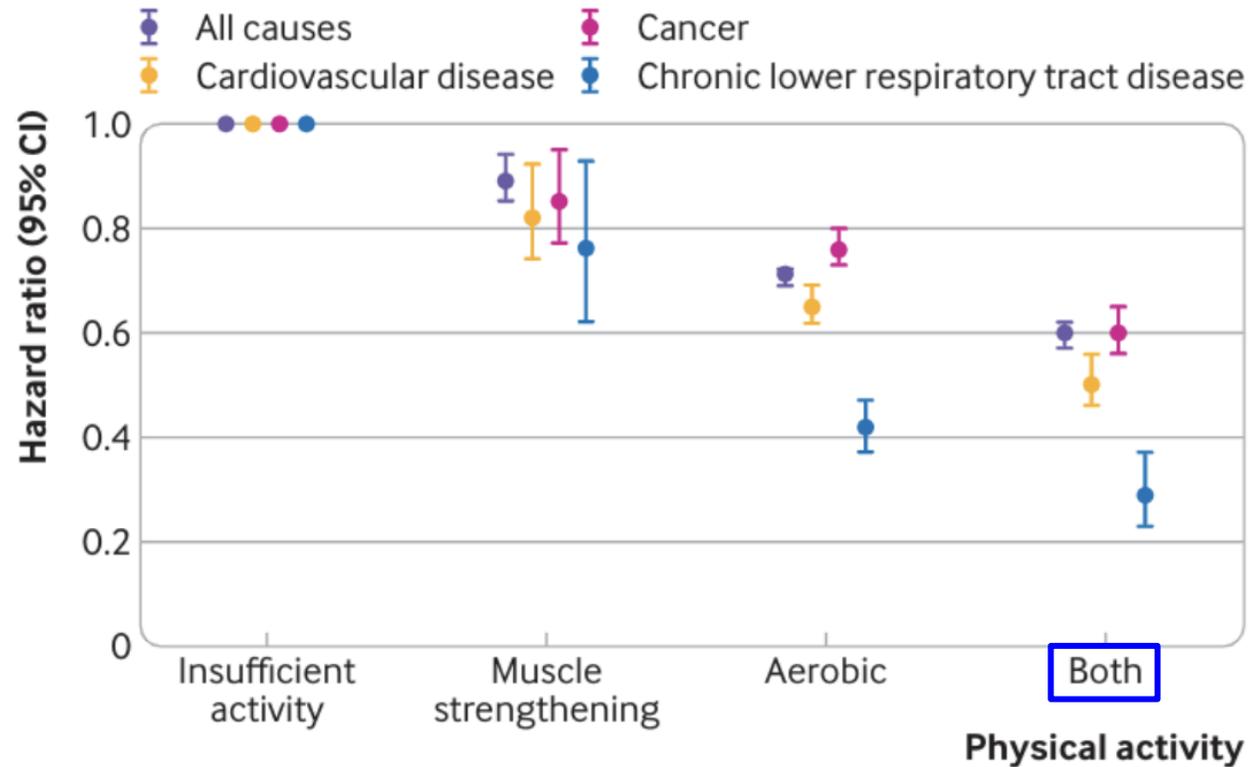


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1. Physical Activity & Outdoor Sports

Influence of physical activity



1. Physical Activity & Outdoor Sports

Influence of Sedentary Behaviour

- High amounts of **sitting time** were associated with increased risk of all-cause mortality and cardiovascular diseases (CVD) in economically diverse settings, **especially in low-income and lower-middle-income countries.**
- **Reducing sedentary time along with increasing physical activity** might be an important strategy for easing the global burden of premature deaths and CVD. [1]
- High levels of **moderate intensity physical activity** (ie, about 60–75 min per day) **seem to eliminate** the increased risk of **death associated** with high **sitting time.** [2]

Source: [1] JAMA Cardiol, 2022; Association of Sitting Time with Mortality and Cardiovascular Events in High-Income, Middle-Income and Low-Income Countries (Sidong Li, Scott A. Lear, Sumathy Rangarajan, et al.)

[2] Lancet, 2016; Does physical activity attenuate, or even eliminate. the detrimental association of sitting time with mortality? A harmonised meta-analysis of data from more than 1 million men and women (Ulf Ekelund, Jostein Steene-Johannessen, Wendly J Brown, Marten Wang Fagerland, Neville Owen, Kenneth E Powell, Adrian Bauman, I-Min Lee)



1. Physical Activity & Outdoor Sports

EVERY MOVE COUNTS

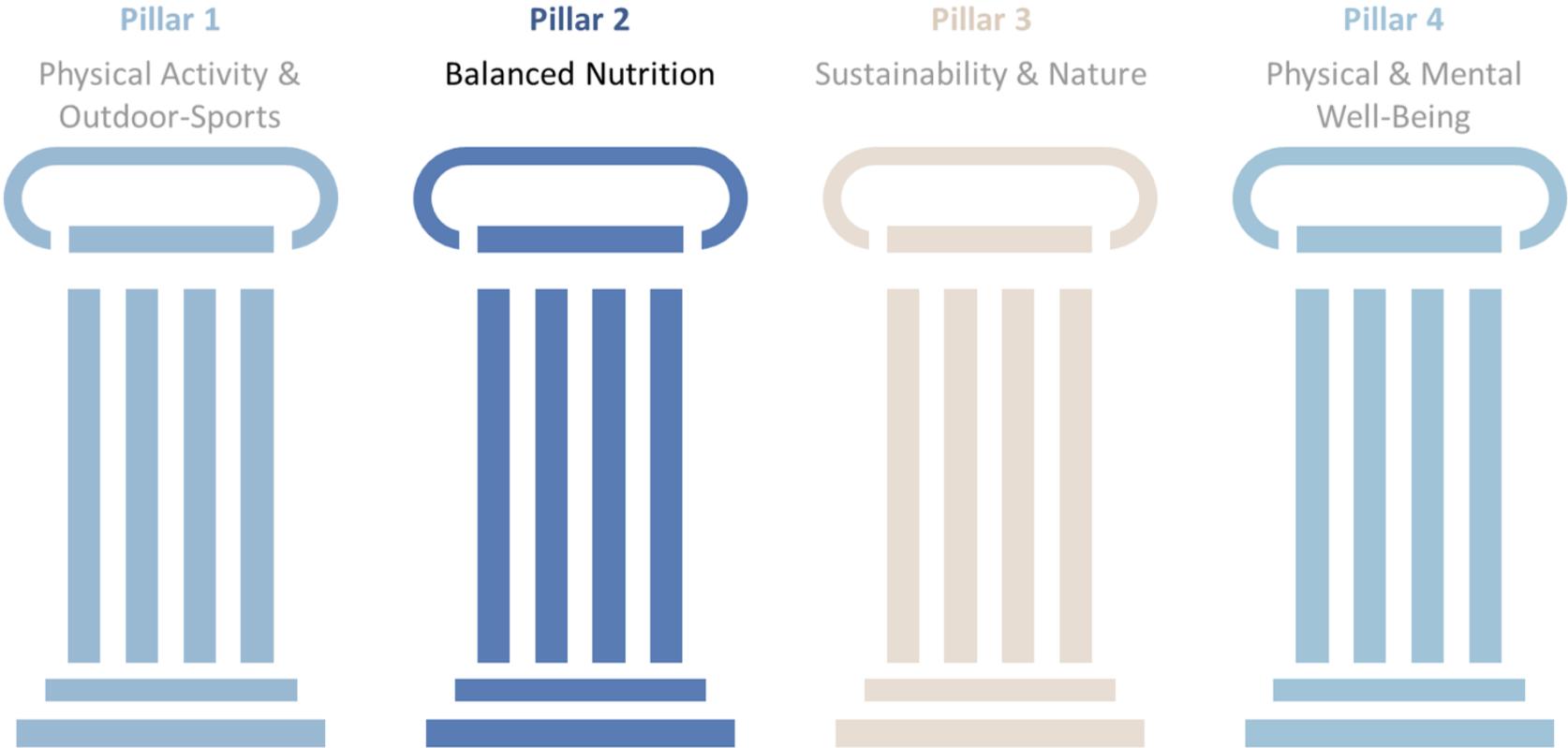
Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



WHO guidelines on physical activity and sedentary behaviour (2020).
For more information, visit: www.who.int/health-topics/physical-activity



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2. Balanced Nutrition

There is no such thing as a cancer diet!

WHAT TO EAT

- regional/bio, high quality ingredients
- seasonal fruits & vegetables
- foods rich in vitamins and minerals
- plant-based
- wholesome (eg. bread)
- good/saturated fats
- homemade meals
- dried fruit instead of chocolate/sweets

WHAT TO AVOID

- processed foods (eg. sausages, salted roasted nuts)
- simple sugar / artificial sweeteners
- alcohol
- sugar-filled sodas
- ready-made foods
- foods high in salt
- too many meat substitutes

EATING HEALTHY MEANS:

- following a healthy eating pattern that includes a variety of nutritious foods and drinks
- getting the number of calories that's right for you (not eating too much or too little)

2. Balanced Nutrition

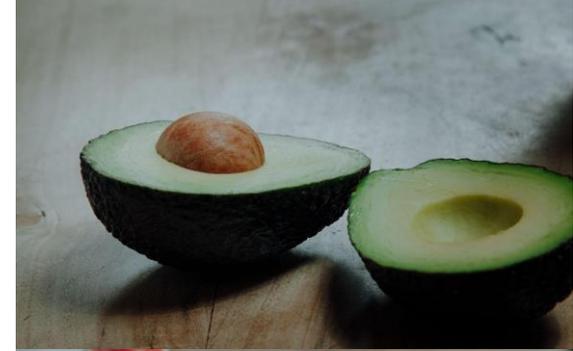
Influence on Health

- **Nutritional intake** is associated **with mental well-being** scores in primary and secondary school children.
- **Higher fruit and vegetable consumption** was significantly associated with **better mental well-being** in secondary pupils. [1]
- Although a high proportion of cancer survivors experience potentially serious diet-related problems including weight and muscle loss, fewer than half have **access to a dietitian** and feel **confused about nutrition**. This needs to change. [2]
- **There is much room for improvement in educating** and encouraging survivors to **follow healthier diet and lifestyle** routines to prevent obesity and further morbidity. [3]

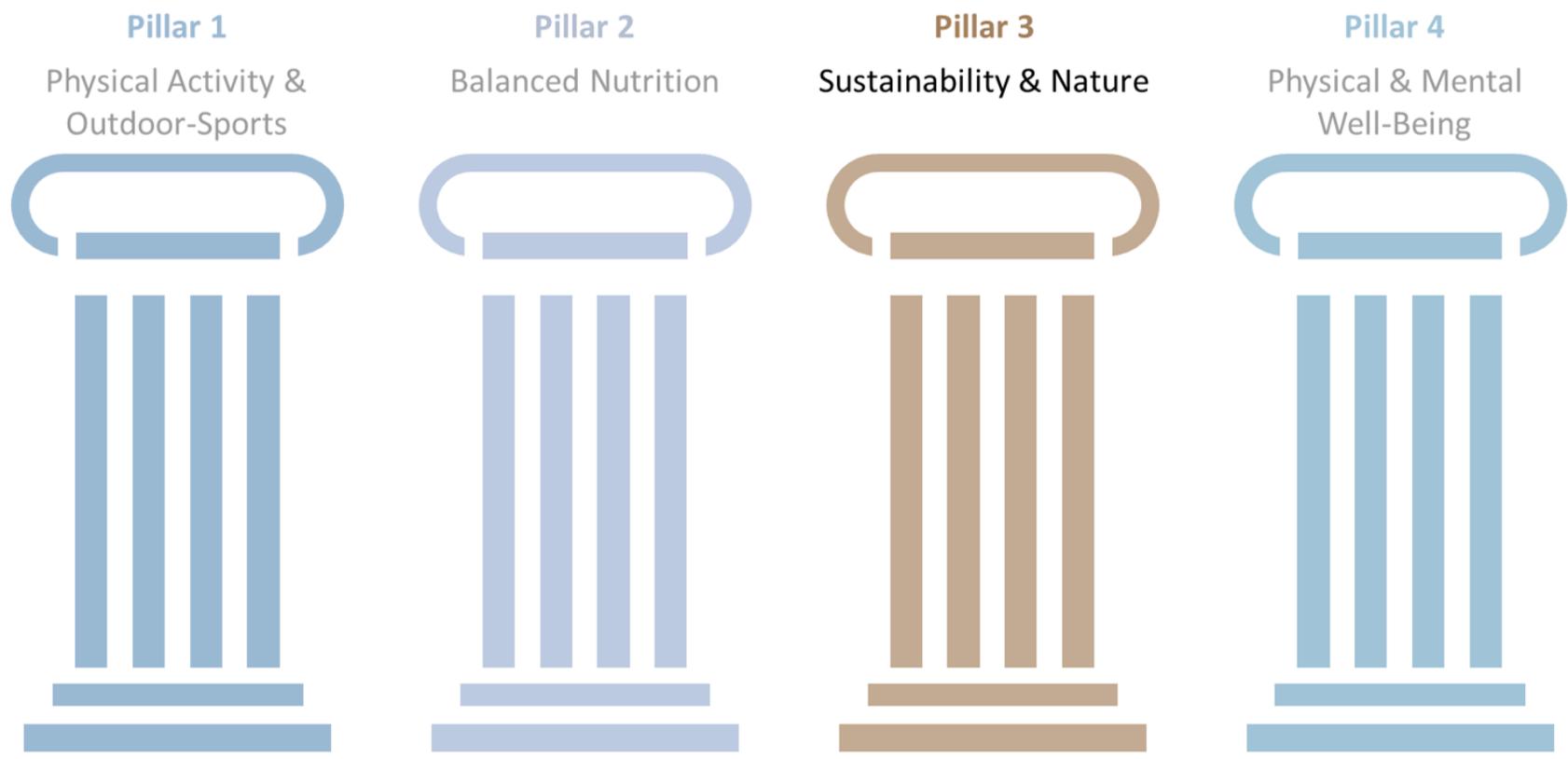
Source: [1] BMJ, Nutrition Prevention & Health; Cross-sectional associations of schoolchildren's fruit and vegetable consumption, and meal choices, with their mental well-being: a cross-sectional study

[2] Clinical Nutrition ESPEN 21, 2021, 331-339; A national survey of oncology survivors examining nutrition attitudes, problems and behaviours and access to dietetic care throughout the cancer journey

[3] J Cancer Surviv, 2014, 8:671-679



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3. Sustainability & Nature

Green & Blue Spaces

Health benefits of green & blue spaces:

- Improved mental health and cognitive function
- Reduced cardiovascular morbidity
- Reduced prevalence of type 2 diabetes
- Improved pregnancy outcomes
- Reduced mortality

Source: Lancet Planet Health 2019; 3: 469–77; Green spaces and mortality: a systematic review and meta-analysis of cohort studies

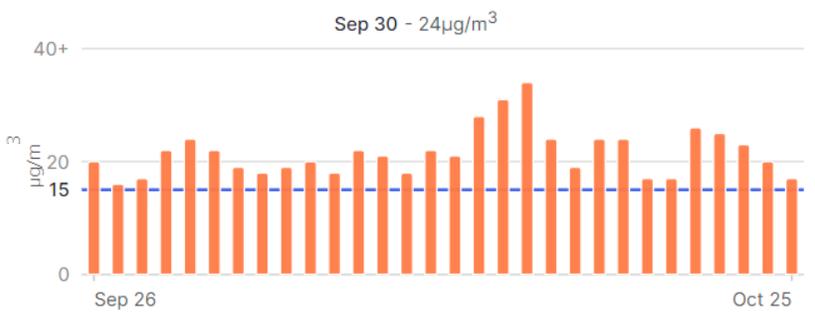
WHO, 2016; Urban green spaces and health



3. Sustainability & Nature

Air Pollution

Short Term Exposure - PM_{2.5} = fine particulate matter



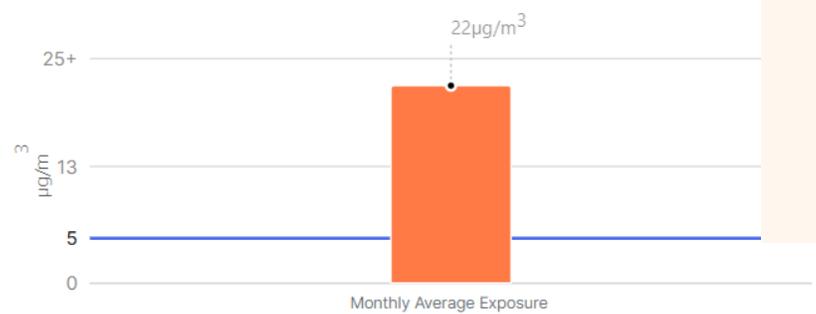
30/30 Days in which the exposure is above the recommended WHO daily guideline (15µg/m³)

Effects related to short-term exposure to PM_{2.5}

- Lung inflammatory reactions
- Respiratory symptoms
- Adverse effects on the cardiovascular system
- Increase in hospital admissions

Source: Breezometer

Long Term Exposure - PM_{2.5}



- WHO Guideline
- Monthly exposure exceeds the recommended WHO **yearly** guideline (5µg/m³)

Effects related to long-term exposure to PM_{2.5}

- Reduction in lung function in children & adults
- Increase rates of chronic bronchitis
- Increase in lung cancer mortality
- Increase in cardiopulmonary mortality



Being at This Location for a Long Period May Be a Risk

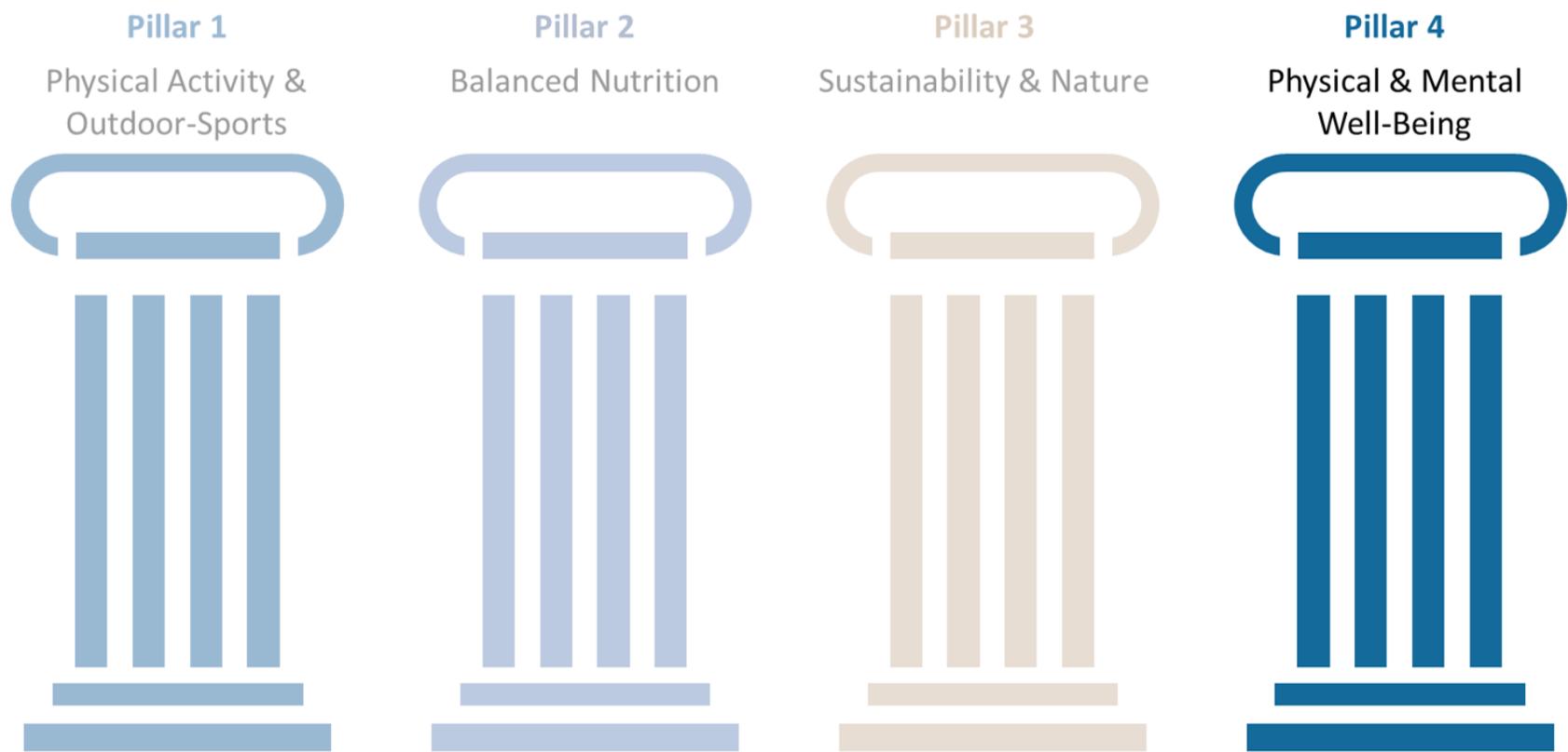
Based on the past 30 days, your monthly exposure to PM_{2.5} at this location is above the yearly recommended levels of the WHO air quality guidelines. In other words, if your exposure to PM_{2.5} continues at this level for a year, it may pose a risk to your health.

Health Tips

- ✓ Reduce outdoor activity while air quality is low.
- ✓ Consider using an air purifier when you are indoors.
- ✓ Check the air quality daily as part of your routine.



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4. Physical & Mental Well-Being

Depression in Adolescents

DEPRESSION IS A MAJOR SOURCE OF IMPAIRMENT AND SUFFERING IN adolescence and is considered to be an important remediable risk factor for suicide, the second leading cause of death among adolescents in the United States.¹ Depression in adolescence predicts depression and anxiety in adulthood, and most affected adults had their first depressive episode during adolescence,² highlighting the need for early identification and treatment.

Beyond pharmacologic intervention and psychotherapy **encouraging the basics of mood hygiene is an incredible tool** to treat and prevent depression in adolescents.

Caring for your mental wellness:

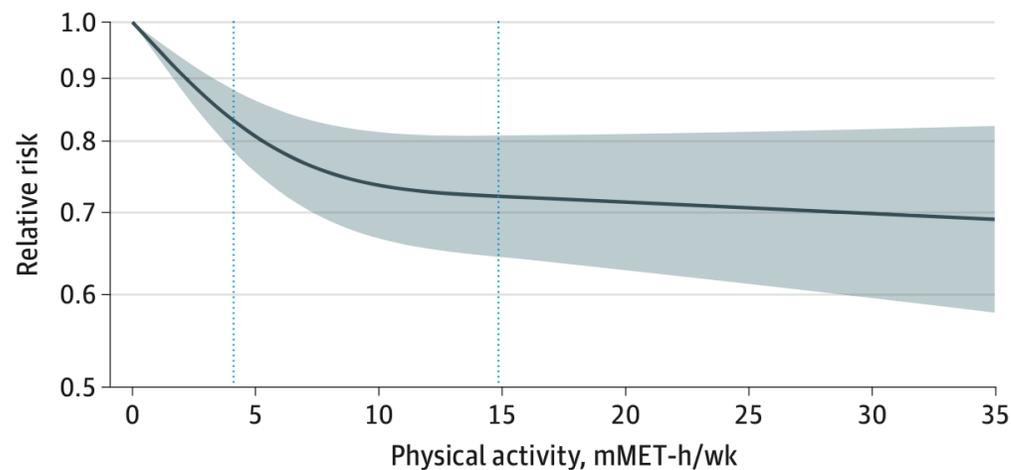
- regular daily schedule
- good nutrition
- moderate levels of activity and exercise
- being in nature



4. Physical & Mental Well-Being

Association Between Physical Activity and Risk of Depression

Figure 1. Association Between Physical Activity and Incidence of Depression



Significant mental health benefits from being physically active, even at levels **below** the public health recommendations.

→ Health practitioners should therefore encourage any increase in physical activity to improve mental health.

Combining Healthy Lifestyle Factors

Healthy lifestyles are associated with 17 to 58% lower risks of bladder, breast, colon, endometrial, oesophageal, kidney, liver, lung, rectal, and gastric cancer.

CONCLUSION: Adopting a healthy lifestyle is related to substantial risk reduction in cancer morbidity and mortality, and thus should be given priority for cancer prevention.



Thank you for your attention!

Visit our websites:

@OACCU: <https://oac-connect.eu/>

@OAC: <https://www.outdooragainstcancer.com/>

