

Incorporating Weight Management and Physical Activity Throughout the Cancer Care Continuum: A Workshop

The Keck Center of the National Academies
500 Fifth Street, NW - Room 100
Washington, DC 20001

AGENDA

WORKSHOP GOALS AND OBJECTIVES

Highlight the Current Evidence Base, Gaps in Knowledge, and Research Needs

- Associations among obesity, physical activity, weight management, and health outcomes for cancer survivors.
 - What health outcomes are important to cancer survivors (e.g., mortality, morbidity, quality of life, psychosocial, economic outcomes)?
- Effectiveness of interventions for promoting physical activity and weight management (prevention of weight gain and promotion of weight loss in individuals who are obese or overweight) among people living with or beyond cancer.
 - What types of interventions should be considered (e.g., resources and support related to diet, exercise, behavioral counseling, pharmacotherapy, bariatric surgery)?

Examine the Opportunities and Challenges for Weight Management and Physical Activity Interventions

- What are the current challenges to providing cancer survivors with effective interventions for weight management and physical activity?
- What are the opportunities to overcome these challenges?
- What roles can various stakeholders play to improve the access and use of weight management and physical activity interventions throughout the cancer care continuum (cancer treatment and long-term survivorship)?
- What policies, strategies, and models of care delivery could facilitate tertiary prevention efforts in cancer survivors?
 - Examples of successful programs and models of care, and the potential of interventions for other disease areas in the cancer survivorship setting
 - The role of new technologies
 - Clinician training and education needs and resources
 - Examine the specific needs of distinct populations
 - Consideration of health care delivery and payment policy changes

February 13, 2017

7:30 am	Registration and Breakfast
8:00 am	Welcome from the National Cancer Policy Forum Edward Benz, Dana-Farber Cancer Institute Incoming 2017 Chair, National Cancer Policy Forum

8:05 am	<p>Overview of the Workshop Wendy Demark-Wahnefried, University of Alabama at Birmingham Planning Committee Chair</p> <p>Prioritizing Patient Voices to Incorporate Weight Management and Physical Activity into Cancer Care</p> <ul style="list-style-type: none"> ▪ Karen Cochrane, Patient Advocate ▪ Robert Harrison, Patient Advocate <p>Panel Discussion</p>
8:45 am	<p>Session 1: What We Know (and What We Don't) about Weight, Physical Activity, and Health Outcomes for Cancer Survivors <i>Moderator: Andrew Dannenberg, Weill Cornell Medical College</i></p> <p>Overview of the Evidence on Cancer Outcomes Related to Obesity and Body Weight</p> <ul style="list-style-type: none"> ▪ Pamela Goodwin, Lunenfeld-Tanenbaum Research Institute <p>Overview of the Evidence on Cancer Outcomes Related to Physical Activity</p> <ul style="list-style-type: none"> ▪ Kerry Courneya, University of Alberta <p>Influence of Weight Management and Physical Activity on Other Outcomes (e.g. Comorbidity, Physical Function, Quality of Life)</p> <ul style="list-style-type: none"> ▪ Melinda Irwin, Yale School of Public Health <p>Evidence Gaps that Current Trials Will Address, Gaps that Remain, and How These Gaps Can be Filled</p> <ul style="list-style-type: none"> ▪ Jennifer Ligibel, Dana-Farber Cancer Institute <p>Panel Discussion</p>
10:35 am	<p>Break</p>
10:45 am	<p>Session 2: Effective Approaches for Promoting Weight Management and Physical Activity in Cancer Survivors and Other Populations <i>Moderator: Rachel Ballard, National Institutes of Health</i></p> <p>Interventions for Weight Management in Cancer Survivors</p> <ul style="list-style-type: none"> ▪ Cynthia Thomson, The University of Arizona Cancer Center <p>Interventions to Promote Physical Activity in Cancer Survivors</p> <ul style="list-style-type: none"> ▪ Bernardine Pinto, University of South Carolina <p>Lessons Learned from Weight Management and Physical Activity Interventions in Other Populations <i>Weight Management:</i></p> <ul style="list-style-type: none"> ▪ Caroline Apovian, Boston University School of Medicine

	<p><i>Physical Activity:</i></p> <ul style="list-style-type: none"> ▪ Marcos Bamman, University of Alabama at Birmingham <p>Panel Discussion</p>
12:35 pm	Lunch Break
1:15 pm	<p>Session 3: Interventions to Address the Diverse Needs of Cancer Survivors <i>Moderator: Lucile Adams-Campbell, Georgetown University</i></p> <p>Meeting the Needs of Diverse Populations</p> <ul style="list-style-type: none"> • Melinda Stolley, Medical College of Wisconsin <p>Addressing Accelerated Aging, Functional Limitations, and Comorbidities across the Lifespan from Pediatric to Older Cancer Survivors</p> <ul style="list-style-type: none"> • Wendy Demark-Wahnefried, University of Alabama <p>Meeting the Needs of Rural Populations and Geographic Access to Care Issues</p> <ul style="list-style-type: none"> • Christie Befort, University of Kansas Medical Center <p>Panel Discussion</p>
2:35 pm	<p>Session 4: Models of Care Delivery for Improving Weight Management and Physical Activity <i>Moderator: William Dietz, George Washington University</i></p> <p>Overview of the Models of Care Delivery and Aligning Programs with Patient Needs (e.g., triage, screening, referral)</p> <ul style="list-style-type: none"> • Karen Basen-Engquist, MD Anderson Cancer Center <p>Community-Based Programs</p> <ul style="list-style-type: none"> • LIVESTRONG at the YMCA and the Diabetes Prevention Program • Matt Longjohn, YMCA of the USA <p>National Implementation of Weight Management Programming in the Veterans Health Administration</p> <ul style="list-style-type: none"> • Susan Raffa, Veterans Health Administration <p>Public Health Programs</p> <ul style="list-style-type: none"> • Elizabeth Eakin, University of Queensland <p>Clinical Practice-Based Programs: Strength After Breast Cancer</p> <ul style="list-style-type: none"> • Kathryn Schmitz, Penn State College of Medicine <p>Panel Discussion</p>

4:35 pm	Break
4:45 pm	Session 5: Panel Discussion on Coverage for Weight Management and Physical Activity in Cancer Care <i>Moderator: Don Bradley, Duke University</i> <i>Panelists:</i> <ul style="list-style-type: none"> • Anand Parekh, Bipartisan Policy Center • Darshak Sanghavi, OptumLabs • Elizabeth Kraft, Anthem Blue Cross and Blue Shield
5:40 pm	Wrap up Day 1 Wendy Demark-Wahnefried, University of Alabama at Birmingham
5:45 pm	Reception
February 14, 2017	
7:30 am	Registration and Breakfast
8:00 am	Session 6: Opportunities and Challenges in the Delivery of Weight Management and Physical Activity Care to Cancer Survivors <i>Moderator: Catherine Alfano, American Cancer Society</i> Incorporating Weight Management and Physical Activity in Cancer Survivorship Care <ul style="list-style-type: none"> • Crystal Denlinger, Fox Chase Cancer Center Developing the Workforce and Competencies for Weight Management and Physical Activity Care <ul style="list-style-type: none"> • William Dietz, George Washington University Technology-Enabling Tools and Resources <ul style="list-style-type: none"> • Kathleen Wolin, Coeus Health Panel Discussion
9:30 am	Break
9:45 am	Session 7: Advancing Progress in Tertiary Prevention for Cancer Survivors: Stakeholder Insights and Recommendations for the Path Forward <i>Moderator: Pamela Goodwin, Mount Sinai Hospital</i> <i>Panelists :</i> <ul style="list-style-type: none"> • Joanne Buzaglo , Cancer Support Community • William Dietz, George Washington University • Suzanne Dixon, Academy of Nutrition and Dietetics • Larissa Nekhlyudov, Brigham & Women's Hospital, Harvard Medical School • Lisa Kennedy Sheldon, Oncology Nursing Society • Matt Longjohn, YMCA of the USA

	<ul style="list-style-type: none"> • G. Stephen Morris, Oncology Section of the American Physical Therapy Association • Kathryn Schmitz, American College of Sports Medicine • Jennifer Ligibel, Dana-Farber Cancer Institute
11:30 am	Workshop Wrap Up Wendy Demark-Wahnefried, University of Alabama at Birmingham
11:45 am	Adjourn