

GEORGIA'S HEALTHY COMMUNITIES PROGRAM SUCCESS STORIES



Central Georgia's Cancer Fighting Kitchen: A Recipe for Better Health

SUMMARY

With this in mind, the Central Georgia Cancer Coalition, in partnership with the Medical Center of Central Georgia and Central Georgia Cancer Care, proudly presented Healing Journeys' "The Cancer-Fighting Kitchen: Nourishment for Life" workshop on May 30, 2014. This program celebrated and empowered cancer survivors, including those currently in treatment, to incorporate evidence-based nutritional and botanical support into their daily lives to improve their wellness. During this one day symposium, experts in naturopathic and integrative care provided hands on information and demonstrations about the importance of nutrition, physical activity, and stress reduction in cancer survivorship. A healthy lunch and snacks was also included.



CHALLENGE

There is wide agreement that one of the most important things we can do to support and promote our own health is to give our bodies the nutrients they need. This is especially important for individuals who have received or are receiving Cancer treatment. With the multitude of nutritional theories out there, cancer patients and survivors needed to know how to individualize the scientific evidence related to what nutritional support will aid their bodies in recovery and prevent recurrence.

"Such conferences needs to be more available to both cancer patients and to individuals hope to avoid cancer. Thank you all again for putting on this wonderful conference. I was very lucky to attend. "

- Program Participant

"I have felt much better about choosing the foods I eat and prepare and have a better comfort level with trying things I've not tried before. "

- Program Participant

"This was a great opportunity. The speakers were very knowledgeable and gave me lots to think about not only for patients diets but for my own diet! "

- Program Participant

BY THE NUMBERS

- 123 participants registered and attended the event
- 50 additional individuals have requested materials from the event
- 3 television news stories were produced about the event

SOLUTION

The full day workshop was led by Lise N. Alschuler, ND, a board certified naturopathic oncologist, and Laura Pole, RN, MSN, a health supportive gourmet chef and an oncology clinical nurse specialist. Topics addressed included diet strategies that strengthen the body's resistance to cancer, complement medical care, and bolster recovery after treatment; which foods are most important to avoid (and explore healthy substitutes); key dietary supplements to support a cancer-fighting diet; the role of exercise in nourishing health during and beyond cancer treatment; and how to integrate nourishing self-care practices into your life.

RESULTS

A post workshop feedback survey was conducted among all attendees and revealed the following:

- 94.44% of participants rated their overall experience as “Very Positive”
- 78.95% of participants indicated that they were “Very Satisfied” with the event.
- 21.05% of participants indicated that they were “Satisfied” with the event.
- 89.47% of participants indicated that the information presented was “Very Applicable” to them.
- 10.53% of participants indicated that the information presented was “Somewhat Applicable” to them.
- 58.82% of participants indicated that they gained significant knowledge from the event.
- 41.18% of participants indicated that they gained some knowledge from the event.

Contact

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FUTURE DIRECTIONS

Based on the feedback received from participants, the Central Georgia Cancer Coalition is exploring other ways to bring this valuable information to cancer survivors in the area.

