Project Title: LiveWell, Live Beyond Cancer and LiveWell: Survivorship Lifestyle programs

Applicant Organization: Bismarck Cancer Center

Project Site(s): Bismarck Cancer Center, Bismarck Veterans Memorial Public Library, Standing Rock Administration Building

Target Audience(s): Cancer Survivors within the local and rural community

Project Goal(s): Encourage healthy lifestyle changes to promote overall health of cancer survivors.

Project Partners and Their Role:
Standing Rock Administration Building provided a location to hold rural community survivorship workshops.
Bismarck Veterans Memorial Public Library provided a location to hold urban community survivorship workshops.
Missouri Valley YMCA, the Human Performance Center, and The Medicine Shoppe provided speakers on areas of physical fitness, dietary supplements and cancer-related medications.

Project Costs:

Timeframe: January 2017 – June 2017

Key Steps to Complete the Project:
Planning: When planning for the 12-week weight management course, participants were screened for appropriateness for this class. We had planned to have 9-12 participants for the course and purchased supplies accordingly. Of the applicants, eight were determined to be appropriate for the class.

When planning for the community workshops, arrangements were made with the Bismarck Veterans Library and the Standing Rock Administration building to hold the workshops at these locations. Advertisements were placed in the local newspapers, on social media, in the Bismarck Oncology clinics and at various businesses in the Fort Yates Community.
Arrangements were made with guest speakers for all group events.

**Implementation:** The twelve week weight management course was held from February to April 2017. Six group classes were held and each participant met individually with Amanda Ihmels, RDN, CSO, LRD six times.

Survivorship workshops were completed for both the rural and urban communities. Each one was attended by a Survivorship nurse, the guest speaker, and outreach staff member.

**Evaluation:** Of the eight participants who were selected for the weight management class, one person chose not to participate prior to the first class. A second person dropped out after the first individual session, Two people were not able to attend the last class and therefore did not complete an evaluation. Overall, there were attendance issues for the course.

The survivorship workshops in both the rural and urban communities were poorly attended. It is felt that the attendance in Standing Rock could be related to political issues that had taken place in the community prior to the scheduling of these workshops.

**Policy-System-Environmental Change Approaches Worked On and or Accomplished Related to the Project:**

**Materials Used or Developed:** Fitness trackers, food processor, handouts from the American Institute of Cancer Research, Brochures from LiveStrong (through the YMCA), Intuitive eating books and workbooks, Amanda developed a food journal for participants of the weight management course.

**Outcome(s):** 100% of (4) Live Well participants felt they were able to demonstrate a positive change in nutrition habits and increase physical activity.

Of those who attended the survivorship workshops, they reported that the information provided by the speakers was knowledgeable and will be beneficial in the management of emotional and nutritional needs.

**Lessons Learned and Recommendations:**
Going forward with the weight management course, the screening process will include questions about upcoming life events (ie. Vacations, work conflicts, etc). Participants will be required to sign a contract regarding attendance and will be fined for unexcused absences to increase accountability.
In regards to the community survivorship workshops, we will continue to repair damaged relationships with the Native American population. Additionally, we will improve advertising efforts to more effectively reach our target population.

**Next Steps/Plans for Continuation:** The next LiveWell: Survivorship Lifestyle program is scheduled to start in July,

We are currently in the planning stages for future survivorship workshops and intend to complete the workshops in another rural location in the fall of 2017.

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