

Health Behavior Correlates Among Colon Cancer Survivors: NC STRIDES Baseline Results

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Objective: To examine health behaviors (fruit/vegetable intake and physical activity) and their association with social cognitive theory (SCT) constructs among colorectal cancer (CRC) survivors (n=304) and comparable non-CRC-affected participants (n=521). **Methods:** Baseline data were analyzed bivariately and modeled with linear regression. Participants were 48% female, 36% African American (mean age = 67). **Results:** Behaviors were comparable between groups, but survivors perceived

more social support for behaviors (P<.05). Lack of employment was associated with greater frequency of healthy behaviors (P<.05) as were more modifiable factors including higher self-efficacy and lower barriers. **Conclusions:** SCT constructs were associated with behavior and may be targets for future interventions, but other variables may be important as well.

Key words: health behavior, cancer survivors, diet, physical activity, colon cancer

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