

# Need for Health Behavior Interventions for Young Adult Cancer Survivors

Carolyn Rabin, PhD; Mary Politi, PhD

---

**Objectives:** To assess the relationship between modifiable health risks (eg, unhealthy diet) and interest in interventions in a sample of young adult cancer survivors (YACS). **Methods:** Sixty YACS, aged 18 to 40, completed surveys. **Results:** Few met recommendations for diet, exercise, or weight (ie, body mass index, BMI). Participants expressed interest

in several health behavior programs, and there was a significant relationship between BMI and interest in weight loss. **Conclusions:** Findings suggest that YACS are interested in and may benefit from healthy lifestyle interventions.

**Key words:** young adult, cancer, health behaviors

*Am J Health Behav.* 2010;34(1):70-76

---