

“Yes, C.H.E.F.S.!”

Cooking, Healthy Eating, and Food Strategies:

A Culinary Skills Intervention for Patients and Survivors of Pediatric

Malignancies

ABSTRACT

BACKGROUND: Advances in the treatment of childhood cancer have led to increased attention to the late-effects of cancer therapy after completion of therapy. Unhealthy nutrition-related behaviors may accelerate the development of many cancer-related morbidities among survivors such as heart disease, obesity and metabolic syndrome, highlighting a need to provide evidence-based interventions that mitigate these cancer-related comorbidities. **OBJECTIVE:** To study the effects of an evidence-based culinary skills intervention on dietary behaviors of survivors of childhood cancer.

THEORETICAL FRAMEWORK: This intervention and study was designed using the **Transtheoretical Model**, as well as **Social Cognitive Theory**. The **Diffusion of Innovations** model is also relevant. **METHODS:** The intervention will be targeted at survivors of pediatric cancer and their parents. Participants are expected to attend 5 sessions and complete pre/post study assessments consisting of a set of questionnaires measuring stages of change and self-efficacy for increasing fruit and vegetable consumption and decreasing dietary fat, along with a fruit and vegetable and dietary fat screener to assess changes in fruit and vegetable and dietary fat intake. **ANTICIPATED RESULTS:** It is anticipated that self-efficacy will be related to stages of change for fruit and vegetable and dietary fat consumption and that both of these measures will be positively correlated with reported dietary behaviors.

RELEVANCE/IMPLICATIONS: In understanding the positive health effects culinary skills interventions can have on the dietary behaviors of youths affected by childhood cancer, nutrition educators can incorporate these programs into future protocols.

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