



MANAGING NUTRITION DURING CANCER SUCCESS STORY

Despite the growing number of cancer treatments and improved outcomes with cancer diagnoses, Kentucky continues to have the highest occurrences and death rates in the United States. For those going through treatment or those working with a loved one experiencing cancer, food and nutrition can be a challenge.

In order to help those in need, the XXXXX County Extension office hosted the *Kick Kentucky Cancer: Managing Nutrition during Cancer* program for the (COUNTY AND AUDIENCE). Agents emphasized the benefits of all food groups in a balanced diet as well as strategies to maintain nutrition during symptoms and side effects of treatment. (Insert # of participants and participant demographics) participated in the workshop.

Of those surveyed, XX (percent/number) indicated they better understood how each food group contributes to a balanced diet during cancer treatment, and XX (percent/number) stated they better understood how to manage symptoms associated with eating and nutrition during treatment. XX (percent/number) indicated they better understood the importance of food safety when preparing food for themselves or a loved one with cancer. Further, XX (percent/number) expressed an increased understanding of the importance of asking questions to their health-care providers.

Participants shared...