

# Pathways to Prevention (P2P) Program

## Pathways to Prevention Workshop: Nutrition as Prevention for Improved Cancer Health Outcomes

### Highlights From the Independent Panel's Final Report

As many as 80% of people with cancer experience malnutrition. Malnutrition—a condition caused by not getting the right balance of nutrients such as protein, vitamins, and minerals—can interfere with cancer treatment and increase the risk of complications and death.

While malnutrition is common among people with cancer, nutritional screening and interventions are not yet standard parts of outpatient cancer care in the United States. Health care providers and decision-makers need to know more about when and how to prevent or treat cancer-associated malnutrition.

In July 2022, the National Institutes of Health (NIH) hosted a [workshop to find out what is known about how nutritional interventions affect cancer health outcomes](#) and where more research is needed. After the workshop, the independent panel made several recommendations to improve research and practice in this topic area, which include:

- **Screen everyone for risk of malnutrition** after they are diagnosed with cancer using validated and standard measures and metrics. Repeat screening during and after treatment. Refer people at risk of malnutrition to a registered dietitian.
- **Conduct larger studies** of nutritional interventions designed to:
  - Include people of different ages, sexes, races, ethnicities, and health conditions.
  - Look at how nutritional interventions work for people with different types and stages of cancer.
  - Allow comparisons across studies.
  - Understand the effects of intentional weight loss before or during treatment in people diagnosed with cancer who have overweight or obesity.
  - Find the best types and timing of interventions.
  - Be conducted in outpatient settings.
- **Collect data that will help assess the cost effectiveness and savings of nutritional interventions in outpatient settings.**

Read the [Panel's Final Report](#) for a full list of findings and a conceptual framework to assist researchers, funders, and policymakers in moving the field forward.

## About the Workshop

The Pathways to Prevention (P2P) Workshop: [Nutrition as Prevention for Improved Cancer Health Outcomes](#) took place on July 26–28, 2022. The goal of the workshop was to find and fill research gaps related to the effect of nutrition interventions on preventing and treating cancer-associated malnutrition.

The workshop was co-sponsored by NIH's Office of Disease Prevention (ODP), National Cancer Institute, National Institute on Aging, Office of Nutrition Research, Office of Dietary Supplements, and *Eunice Kennedy Shriver* National Institute of Child Health and Human Development.

## About the Workshop Panel

Each P2P workshop has an independent panel with members who have diverse professional and personal perspectives. Panel members attend the workshop, where they listen to and ask questions about presentations from expert speakers. After the workshop, the panelists write a report that summarizes the discussions and highlights research gaps and recommendations for future priorities. The recommendations in the panel's report are for use by the broader research community. Panel reports are not policy statements of the NIH or the federal government.

The panel members for the P2P Workshop: Nutrition as Prevention for Improved Cancer Health Outcomes were:

- Robert A. Hiatt, M.D., Ph.D. (Workshop & Panel Chair)
- Margaret F. Clayton, Ph.D., FNP-BC, FAAN
- Karen K. Collins, M.S., RDN, CDN, FAND
- Heather T. Gold, Ph.D.
- Adeyinka O. Laiyemo, M.D., M.P.H.
- Kimberly Parker Truesdale, Ph.D., M.S.P.H.
- Debra P. Ritzwoller, Ph.D.

[More information about the independent panel](#) is available on the ODP website.

## Learn More

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