An mHealth Intervention to Reduce Sedentary Behavior in Older Cancer Survivors

We conducted a 16-week randomized controlled trial among 54 older cancer survivors to disrupt sedentary time with short bouts of standing and stepping using prompts from a Jawbone UP2 fitness tracker and smartphone app. Health coaching was provided via 5 telephone calls. The feasibility, acceptability, and preliminary results of the mHealth intervention will be presented.

**Presenters:** Cindy Blair, PhD  
Assistant Professor  
Division of Epidemiology, Biostatistics, & Preventive Medicine

**Date:** Tuesday, December 5, 2017

**Time:** 12:00 noon to 1:00 pm

**Place:** Research Incubator Building (RIB) Commons  
UNM Campus, 2703 Frontier Ave NE  
Albuquerque, NM 87131

*For more information please contact Sally Davis at 505-272-4462 or by email at SDavis@salud.unm.edu*

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