

Eating and lifestyle habits among participants to the lung cancer Italian  
screening program

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Tobacco addiction is the main risk factor for lung cancer occurrence (LC); it is usually associated with other negative habits, such as unhealthy diet or poor physical activity. A survey was performed to identify the incidence of inappropriate lifestyle habits among the participants in the Italian LC screening program (RISP) compared to healthy never-smoking volunteers.



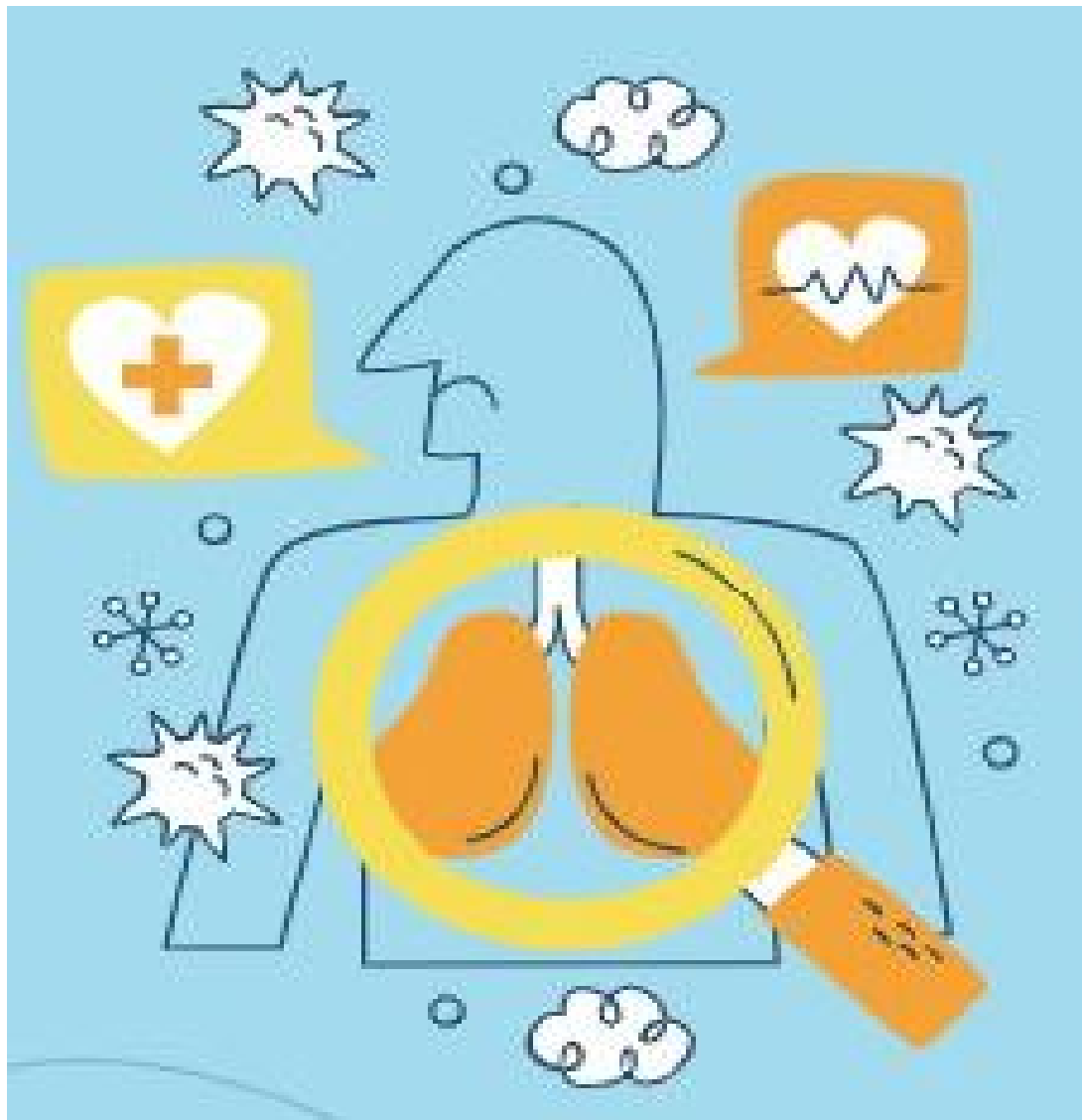
METHODS



The RISP offers a chest low dose computed tomography (LDCT) to current or former heavy smokers (≥30 pack/years) between 55 and 75 years. A questionnaire investigating biological and social features, diet, and lifestyle habits was administered to the RISP participants (group A) at San Luigi Gonzaga University Hospital (Orbassano) as well as to healthy never-smoking volunteers of the same age group A (group B).

RESULTS

	RISP participants (n. 229)	Healthy never smoker (n.220)
BMI > 25 Kg/M <sup>2</sup>	49.34%	39.09%
Red meat intake (≥3 times per week)	24.02%	17.27%
Fast food/snacks intake (≥3 times per week)	27.51%	20.45%
Weekly alcohol intake (≥ 3-4 alcoholic units/week)	35.47%	25.45%
Physical activity performed (at least once per week)	62.45%	80.91%



The results are described in the table.  
36.68% of subjects from group A vs. 19.09% from group B declared not doing any physical activity.

CONCLUSION

The results of our survey confirm the higher prevalence of unhealthy habits among heavy smokers as compared to never-smoker populations. Screening programs, as teachable moments, may include specific counselling to improve dietary and lifestyle habits, not only tobacco smoking cessation.

