

**Abstract Title:** Diet and prostate cancer program: Evaluation and recommendations (DAPPER)  
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**Introduction:** Diet may be an important factor in prostate cancer incidence as well as recurrence although the relationship remains unclear. A high BMI is associated with higher recurrence rates after radical prostatectomy or radiation therapy. Evidence suggests that reduction in biomarkers, such as insulin growth factor hormone, which may influence recurrence of prostate cancer can be achieved with weight loss of only 5-10%. Research indicates that men with prostate cancer are very motivated to make changes to their diet and suggests use of specialized dietary information that would convey the how and why for dietary changes to optimize adoption. However, very little is understood about what types of interventions in conveying this information may be effective in increasing nutrition knowledge and facilitating healthy dietary changes that may promote healthy body weights.

**Objective:** To evaluate effectiveness and satisfaction of a weekly diet and prostate group education program in meeting the information needs in promoting healthy body weights.

**Methods:** Forty-eight men with prostate cancer were recruited for the DAPPER study using convenience sampling and the men attended one diet and prostate cancer group education session facilitated by a registered dietitian. The men completed the revised validated general nutrition knowledge questionnaire (GNKQ-R) that included 3 open-ended questions at two time points: pre-session and then, 2 weeks post-session that included a satisfaction questionnaire.

**Results:** Descriptive statistics and thematic analysis were used to identify changes in learning, level of satisfaction. Significant differences occurred between mean GNKQ-R scores of the pre-session (70.19 ±22.71) and the post-session (78.45 ±18.46) (95% CI, p <0.0005). The sessions were mostly satisfactory for meeting their needs (94% satisfied) with the highest ratings seen in level of usefulness of the information and instructor knowledge. Three themes emerged from the qualitative analysis: Importance of the diet information, integrative approach, and value of group learning.

**Conclusions:** Diet and prostate cancer group education sessions were effective and mostly satisfactory approaches for meeting the diet information needs in this population. The DAPPER study offers guidance from which future programs and research may be developed