

Livestrong Solution Grants for a Better Today

Focus Areas

Nutrition

Experiencing cancer is often seen as a critical, life-changing event that can cause a change in priorities. While many people live with chronic conditions, living with cancer has been shown to increase motivation levels to adopt a healthier lifestyle. With many cancer patients experiencing treatment-related side effects impacting nutrition status, there is a growing need to integrate nutritional interventions in treatment and survivorship.

Research revealing the many benefits of a high-quality diets' impact on prognosis has led various groups to establish guidelines for nutrition for cancer survivors. Despite these efforts, few clinicians are familiar with these recommendations, and many lack the tools to counsel patients in these areas. While oncology providers and cancer survivors consider accessing evidence-based nutrition information necessary, managing and practicing these recommendations is a challenge for both.

With nutrition being a tool for empowerment and control, Livestrong is seeking applications that offer solutions to improve survivors' and providers' access to evidence-based nutrition information, programs, and practices to enhance agency and promote whole-person health from the point of diagnosis and beyond.

Examples include, but are not limited to:

- Nutrient-dense food delivery
- Prescriptive eating strategies
- Provider training
- Patient communication strategies
- Remedies promoting taste & texture
- Food preparation education
- Timely nutrition counseling
- Health & wellness support groups
- Motivational & goal driven interventions

Mental Health

Cancer and its treatment can be demanding and burdensome and lead to powerful emotions. Therefore, it is unsurprising that approximately one-third of people affected by cancer experience mental disorders or distress. These conditions can not only diminish the well-being of survivors but can result in shortened survival, reduced quality of life, reduced medical adherence, and increased medical service use.

A cancer diagnosis can not only impact survivors' mental health but also their caregivers. Research has shown that caregivers' perceived stress of a cancer patient's condition affects their physical health outcomes more strongly than the caregiving burden itself. By addressing the caregiver's mental state, we can reduce caregiver and patient distress and improve caregivers' motivational and holistic abilities to support others.

Oncologists consider an emotional response to be a normal and natural reaction to receiving a cancer diagnosis or treatment and consider establishing a supportive relationship, normalizing the patient's experience, calming the patient, and maintaining continuity of care to be essential.

With mental health being a crucial component of whole-person health, Livestrong is seeking applications that offer solutions to improve survivors' and caregivers' abilities to cope with distress during and after treatment when outside of traditional care settings. To match the need for receiving support with coping tools and strategies to establish calm, we hope to reduce the impact and burden of illness to improve overall health and functioning.

Examples include, but are not limited to:

- Multidisciplinary psychosocial support
- Social-emotional support programs
- Stress reduction techniques
- Support matching programs
- Communication clarification tools
- Peer to peer support
- Coping strategies training
- Whole-person caregiving tools

Funding Priorities

Reaching the underserved

Living with cancer isn't easy, but it doesn't have to be so hard. We believe that all people affected by cancer deserve the same quality of programming, regardless of race, color, creed, gender, or sexual orientation. We expect solutions grants projects to exhibit equal opportunities for inclusion and engagement for all people affected by cancer.

Serving communities of color

Settling for surviving isn't good enough. While cancer care systems have advanced over the years, many barriers still exist for people of color, both in program access and program delivery. We expect solutions grant partners to be mindful of communities of color's cultural and historical backgrounds and to approach their needs appropriately with trust and respect.

Defeating digital discord

We are finding new solutions to old problems to fix them for good. Technology is a powerful tool but can lead to unintentional division. Listening and interacting with survivors should create a unique, impactful experience where people are prioritized. We expect solutions grants partners to create real resolutions with limited difficulties for delivery. Projects should promote unity without deepening the digital divide.

Equitable access to solutions

You deserve more than just hope for a better tomorrow; you deserve a better today. To truly deliver sustainable solutions, we must remove barriers to care. Therefore, we need be active participants in overcoming obstacles to offer programs that work for anyone and everyone. Working smarter, not harder, to close gaps in care is crucial. We expect solutions grants projects and partners to ensure that each person affected by cancer doesn't just survive; they [Livestrong](#).