



Canadian Cancer Society
Société canadienne du cancer

June 2016 (PRG-16) Competition Awarded Prevention Research Grants

Listed in alphabetical order

Cunningham, John

Centre for Addiction and Mental Health

Long-term effectiveness of mailed nicotine replacement therapy: a 5-year follow-up

Quitting smoking is one of the best ways to reduce your risk of developing cancer. Over-the-counter products like nicotine patches can help smokers quit, but many people slip back into the habit. Dr John Cunningham led a study where nicotine patches were mailed directly to smokers interested in quitting, which more than doubled their short-term success in quitting. He will now study whether this approach leads to long-term quits. If so, this strategy could save more lives from cancer.

Rhodes, Ryan

University of Victoria

Parents and children active together: Examining motivational, regulatory, and habitual intervention approaches

Many Canadians know that physical inactivity is a risk factor for cancer. But most still don't exercise enough – especially young children and their parents. One approach to turn this around is to make sure active living becomes a habit early in life. Dr Ryan Rhodes will study whether helping young children (aged 3 to 5 years) and their parents routinely exercise together is more effective than teaching them about exercise and goal-setting. If his approach makes kids more active, it could be a springboard for long, healthy, cancer-free lives.