

## **ARCC 2019 Community-Engaged Research Partnership Award Recipient: *The 'BE-LUNG' INITIATIVE***

The [Alliance for Research in Chicagoland Communities](#) (ARCC), a program of the [Center for Community Health](#) serving the Northwestern University's [Institute for Public Health and Medicine](#) and [Clinical and Translational Sciences Institute](#), developed the [Community Engaged Research Partnership Award](#) to recognize research partnerships that exemplify strong collaborative research principles and are working to impact the health of their community.

ARCC's eighth annual award acknowledges the efforts of ***The 'BE-LUNG' INITIATIVE: Building Capacity for a Community Based Research Partnership to Optimize Physical Activity in Lung Cancer Survivors*** an intervention to increase physical activity among lung cancer survivors in Chicago. This exemplary partnership between [Gilda's Club Chicago](#), (led by Kathleen Boss, director of Special Initiatives) a community organization that supports individuals and their families and friends whose lives have been impacted by cancer, and [Shirley Ryan AbilityLab](#) (led by Northwestern's [Prakash S Jayabalan, MD, PhD](#) Assistant Professor of [Physical Medicine and Rehabilitation](#)). The partnership also included Northwestern's [Lurie Comprehensive Cancer Center](#) (led by [Victoria Villaflor, MD](#), Associate Professor of [Medicine- Hematology & Oncology](#)).



**Shirley Ryan  
Abilitylab**



**ROBERT H. LURIE  
COMPREHENSIVE CANCER CENTER  
OF NORTHWESTERN UNIVERSITY**

The partnership was awarded a [2017 ARCC Partnership Development Seed Grant](#) for their project to assess the medical, socioeconomic, environmental, and personal beliefs that serve as barriers and enablers to physical activity participation among lung cancer survivors in the community. While lung cancer is the most common cause of cancer-related death in the U.S. and in Cook County, there is very limited research assessing the outcome of community-based structured exercise programs for lung cancer survivors and none that were developed taking into account barriers and enablers of community participation. This partnership's research projects found that only 12% of lung cancer survivors meet physical activity guidelines and there was a relationship between higher income, and self-efficacy and more physical activity. Data also highlighted for the first time a number of Chicago-specific reasons as to why lung cancer survivors have difficulty in exercising including the environment of the city, fatigue and lack of guidelines specific to individuals with their disease.

The partnership has yielded several concrete positive outcomes so far. These include:

1. External grant support to develop and implement the first of its kind BE-LUNG boot-camp for lung cancer survivors in the community (includes sessions focused on mindfulness techniques, nutrition, and a structured exercise program)
2. Educational impact on participating residents and trainees (including prestigious Dr. Scholl Award for best presentation to Sarah Mihalov MD MPH during Shirley Ryan AbilityLab 2018 Research Day)
3. Multiple presentations at scientific and community forums (including invited podium workshop at American Academy of Physical Medicine and Rehabilitation Annual Assembly with paid support for Gilda's Club Chicago participation)



Partner members and award reviewers praised the partnership's strong commitment to mutually beneficial collaboration and attributed the success of the partnership in part to the time that the ARCC partnership grant allowed the partners to dedicate to fully understand and appreciate the missions, capacity and resources of their respective programs.

Further information about the partnership and award at [www.ARCOnline.net](http://www.ARCOnline.net)