

### ECPC launches third edition of the Nutrition and Physical Activity Awareness Month Campaign

The European Cancer Patient Coalition (ECPC) is pleased to announce the launch of its third Nutrition and Physical Activity Awareness Campaign, following on from successful campaigns in 2018 and 2019 respectively. The campaign will run throughout the month of March and coincides with American National Nutrition Month, a nutrition education and information campaign held annually by the American Academy of Nutrition and Dietetics.

Nutrition is a crucial but often overlooked part of a cancer patient's recovery with malnutrition becoming a common problem for many patients. Side effects such as nausea, vomiting and taste changes can make a healthy, balanced diet even harder to maintain, especially since the lack of information often leaves the patient without guidance.

ECPC launched the educational booklet "Living Well During Cancer Treatment" focusing on the impact nutrition and physical health has on the treatment and rehabilitation of cancer patients. The booklet is now available in nine languages (Bulgarian, Czech, French, German, Greek, Italian, Romanian, Slovak and Spanish).

**Robert Greene, the Board Member of the European Cancer Patient Coalition, stated that 'Nutrition is a vital component in a cancer patients' rehabilitation and treatment process. By providing them with accurate and updated information, ECPC continues to empower patient's to prioritise their individual nutritional needs.'**

ECPC will be promoting Nutrition and Physical Activity Awareness Month through their Twitter, Facebook and they invite you to join the hashtag **#RecipesAgainstCancer**.

#### About the European Cancer Patient Coalition

European Cancer Patient Coalition (ECPC) is the voice of cancer patients in Europe. With over 450 members, ECPC is Europe's largest umbrella cancer patients' association, covering all 28 EU member states and many other European and non-European countries. ECPC represents patients affected by all types of cancers, from the rarest to the most common.

#### Notes to editors:

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