



# NURILITE ONCOCARE: NUTRITION LITERACY ASSESSMENT IN INFORMAL CANCER CAREGIVERS. A CROSS-SECTIONAL STUDY

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## Background and aims

The informal caregivers (ICs) play a key role in the management of cancer patients (CP). In particular, a good level of nutritional literacy (NL) of ICs is essential to help CP to maintain a good body composition and a good relationship with food. The aim of the study is to measure the NL level of ICs of CP.

## Methods

In order to assess the level of NL, the validated Italian version of the Nutrition Literacy Assessment Instrument (NLit-IT) was used. NLit-IT allow identifying three levels of NL: i)probability of low NL; ii)possibility of low NL; iii)possibility of good NL. The study included ICs of both sexes, aged 18-80, responsible for the diet of the assisted cancer patient.

## Results

The study is currently active. At present, 103 CIs (M=35; F=68) with an average age of 54 ( $\pm 14.5$ ) have participated. Overweight was present in 48% of the population (35% overweight; 13% obese). The results of the NLit-IT showed 56% (n=58) and 42% (n=43) of the ICs participating in the study had a probability of low NL and a possibility of low NL, respectively. Significantly lower levels of NL were seen in subjects aged  $\geq 50$  (p=0.042) and in those reporting a low education level (p=0.039).

## Conclusions

We obtained alarming results that reveal the urgent need to continue in investigate the level of NL in this target population nationally and internationally. Furthermore, we believe that it is necessary to structure and implement nutrition promotion interventions to provide useful information and adequately support the caregiver in their care activities.

