

# Physical Activity for Children and Adolescents Affected by Cancer: the IMPACT Interim Results

## KEY MESSAGES



- The Implementation of Physical Activity for Children and adolescents on Treatment (IMPACT) is for youth (5-18) diagnosed with cancer and/or blood disorder in Alberta.
- Physical activity (PA) can reduce many of the negative side-effects from treatment, and improve overall quality of life among pediatric cancer patients.
- This work supports the implementation of exercise within cancer care for youth with cancer and/or blood disorder.
- Results highlight critical areas for improvement to facilitate enrollment, improve adherence, and support data collection for the remaining months of intervention and trial delivery.



McLaughlin et al., 2026

Interim implementation and effectiveness results from the Implementation of Physical Activity for Children and adolescents on Treatment (IMPACT) intervention and trial

## CONNECT WITH US



## Intervention Overview:

Youth and adolescents affected by cancer or blood disease are offered 1:1 physical activity sessions 3 times/week for 12 weeks. Participant-reported outcomes and assessments of physical function occurred at baseline (week 0) and post-intervention (week 12).

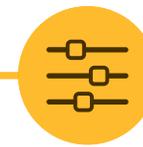
## Interim Analysis Objectives:



Examine implementation via reach, adoption, and implementation



Explore changes in select secondary effectiveness outcomes of participant-reported quality of life and physical fitness



Review quality improvement data and document refinement

## Main Findings:



No significant changes in select secondary effectiveness outcomes of quality of life and physical function.

REFERRALS

95

RECRUITMENT UPON CONTACT

39%

INTERVENTION COMPLETION

12

TRIAL RETENTION

33%

ADHERANCE

57%

MISSING DATA

29%

TRAINING & DELIVERY HOURS

>115

FIDELITY

95.2 + 3.83%

ADVERSE EVENTS

0