

CZH/4/1080 - LivingWell – a feasibility study to assess the impact of a lifestyle intervention in people attending family history clinics with an increased risk of colorectal and breast cancer.

For people who are at greater risk of cancer due to a family history (FH) of the disease it is important to follow recommendations for cancer screening **and** lifestyle. NHS genetics centres in Scotland offer early detection and counselling for people with a FH of breast (BC) and colorectal (CRC) cancers but offer little guidance on lifestyle. This two arm (intervention versus usual care), two-centre, randomised study aims to assess the *feasibility* of delivering and evaluating a lifestyle intervention programme (LivingWELL) for patients with a FH of BC or CRC in order to inform the design of a definitive randomised control trial (RCT). The 12 week, personalised, programme on physical activity, diet and weight management will be delivered by lifestyle coaches via a face to face visit, phone calls and web support. Feasibility outcomes include recruitment, programme implementation, fidelity measures, achieved measurements, retention, patient acceptability and indicative outcomes.