

**BIOGRAPHICAL SKETCH**

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NAME: Fong, Angela J

eRA COMMONS USER NAME (credential, e.g., agency login): angelaj

POSITION TITLE: Instructor of Medicine

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	END DATE MM/YYYY	FIELD OF STUDY
University of Western Ontario, London, Ontario	BA	04/2010	Kinesiology
University of Western Ontario, London, Ontario	MA	08/2013	Kinesiology
University of Toronto, Toronto, Ontario	PHD	09/2017	Exercise Sciences
Queen's University, Kingston, Ontario	Postdoctoral Fellow	10/2019	Health promotion and knowledge translation

**A. Personal Statement**

I am an Instructor of Medicine in Behavioral Sciences at the Rutgers Cancer Institute of New Jersey. I have built my academic career on a strong foundation of applying health behavior change theories to promote physical activity among female cancer survivors. My interdisciplinary research program draws from exercise psychology and dissemination and implementation science to impact health disparities. My long-term goal is to develop and test scalable physical activity interventions that affect health equity. Specifically, I aim to examine the psychosocial determinants and outcomes of physical activity among female cancer survivors with a recent focus on women from historically marginalized communities. This research is significant because Black and Latina/e breast cancer survivors have the lowest adherence to exercise recommendations among any racial and ethnic group. Lack of knowledge, limited access to exercise programs, and sociocultural barriers are prominent drivers of low adherence. To mitigate these issues, my research is concentrated on developing and testing exercise interventions among historically marginalized female cancer survivor populations such as Black breast cancer survivors and racially diverse gynecologic cancer survivors. Patient-centered approaches are associated with improved intervention satisfaction and uptake; thus, my studies engage survivors from the onset to tailor and adapt the interventions and refine future dissemination and implementation strategies. This approach increases relevancy, applicability, and impact of research.

My primary line of research aims to develop and implement exercise interventions among Black breast cancer survivors. I implemented a pilot study examining the feasibility and acceptability of a 1:1 online-delivered resistance exercise program among Black breast cancer survivors. To fund this pilot work, I successfully competed for the Rutgers Cancer Institute Survivorship Center Pilot Award as the Principal Investigator.

Ongoing projects that I would like to highlight include:

Rutgers Cancer Institute of New Jersey Cancer Survivorship Pilot Award

Fong (PI)

02/17/20-02/16/21 (NCE to 07/30/22)

Breast Cancer and Resistance Exercise program (B-REP): A Feasibility and Acceptability Trial

Canadian Cancer Society Research Institute Innovation to Impact Grant

Sabiston (PI), Role: Co-Investigator

08/2019 – 07/2022

Connecting breast cancer survivors for exercise: Extending the impact of ActiveMatch

## Citations:

1. Llanos AAM, **Fong AJ\***, Ghosh N, Devine KA, O'Malley D, Paddock LE, Bandera EV, Hudson SV, Evens AM, Manne SL. COVID-19 perceptions, impacts, and experiences: a cross-sectional analysis among New Jersey cancer survivors. *J Cancer Surviv.* 2022 Jul 29; PubMed Central PMCID: PMC9336177. *\*co-first authors*
2. **Fong AJ**, Evens AM, Bandera EV, Llanos AAM, Devine KA, Hudson SV, Qin B, Paddock LE, Stroup AM, Frederick S, Greco C, Manne SL. Survivorship transition care experiences and preparedness for survivorship among a diverse population of cancer survivors in New Jersey. *Eur J Cancer Care (Engl).* 2022 Mar;31(2):e13553. PubMed PMID: 35166393.
3. **Fong AJ**, Saxton HR, Kauffeldt KD, Sabiston CM, Tomasone JR. "We're all in the same boat together": exploring quality participation strategies in dragon boat teams for breast cancer survivors. *Disabil Rehabil.* 2021 Oct;43(21):3078-3089. PubMed PMID: 32126196.

## B. Positions, Scientific Appointments and Honors

### Positions and Scientific Appointments

2019 -	Instructor of Medicine, Rutgers Cancer Institute of New Jersey, New Brunswick, NJ
2019 -	Visiting Assistant Professor, Rutgers University, Department of Kinesiology and Health, New Brunswick, NJ
2013 - 2017	Research Assistant, Faculty of Kinesiology and Physical Education, University of Toronto, Toronto
2013 - 2017	Teaching Assistant, Faculty of Kinesiology and Physical Education, University of Toronto, Toronto
2012 - 2013	Teaching Assistant, School of Kinesiology, University of Western Ontario, London
2010 - 2013	Research Assistant, School of Kinesiology, University of Western Ontario, London

### Honors

2014 - 2017	Dept. of Exercise Sciences Conference Award, University of Toronto
2018	School of Graduate Studies, Post-Doctoral Fellows Travel Award, Queen's University
2018	Early Career Researcher Award for the Cancer Prevention and Management Special Interest Group, International Society of Behavioral Nutrition and Physical Activity
2018	Early Career Researcher Award for Best Oral Presentation, International Society of Behavioral Nutrition and Physical Activity
2018	Travel Award, Canadian Cancer Society
2016	Dr. Roy Shephard International Travel Fund, University of Toronto
2016	Faculty of Kinesiology and Physical Education Fellowship, University of Toronto
2013	Faculty of Health Sciences Travel Award, University of Western Ontario
2013	School of Kinesiology Travel Award, University of Western Ontario
2013	School of Graduate Studies Conference Award, University of Toronto
2006	Undergraduate Scholarship, Canadian Federation of University Women

## C. Contribution to Science

1. **Associations between physical activity and other health behaviors in cancer prevention and cancer survivorship.** Understanding the influence of physical activity on other health behaviors is important for promoting consistent, prolonged behavior change and understanding motivation for physical activity promotion. I conducted a randomized controlled trial to determine the effect of a short bout of physical activity on smoking cravings, to identify a potential mechanism for quitting. Through this experience I realized the impact of physical activity and became interested in survivorship given the longevity of this phase for some. I then transitioned into understanding the role of physical activity on healthy eating behaviors and sleep in breast cancer survivors during the first-year post-primary treatment completion. Combined, my work has shown that physical activity is associated with health behaviors in the earlier phases post-treatment. This is

important as health behaviors adopted during this earlier time are indicative of prolonged behavior and health outcomes.

- a. Amireault S, Brunet J, Kurth JD, **Fong AJ**, Sabiston CM. Association between Fruit and Vegetable Intake and Physical Activity among Breast Cancer Survivors: A Longitudinal Study. *Curr Oncol*. 2021 Nov 30;28(6):5025-5034. PubMed Central PMCID: PMC8699935.
- b. Amireault S, **Fong AJ**, Sabiston CM. Promoting Healthy Eating and Physical Activity Behaviors: A Systematic Review of Multiple Health Behavior Change Interventions Among Cancer Survivors. *Am J Lifestyle Med*. 2018 May-Jun;12(3):184-199. PubMed Central PMCID: PMC6124968.
- c. **Fong AJ**, De Jesus S, Bray SR, Prapavessis H. Effect of exercise on cigarette cravings and ad libitum smoking following concurrent stressors. *Addict Behav*. 2014 Oct;39(10):1516-21. PubMed PMID: 24971700.

**2. Assessing changes in psychosocial wellbeing in breast cancer survivors.** My second contribution to science is understanding the predictive effect of changes in both social support quality and quantity on perceived stress, depressive symptoms and affect. The findings from this study noted that the first year following active treatment for breast cancer is a time when there is a change in social support and that higher quality social support is predictive of psychosocial wellbeing. Further, a potential context for acquiring quality social support may be through physical activity.

- a. Sabiston CM, Wrosch C, **Fong AJ**, Brunet J, Gaudreau P, O'Loughlin J, Meterissian S. Life after breast cancer: moving on, sitting down or standing still? A prospective study of Canadian breast cancer survivors. *BMJ Open*. 2018 Jul 28;8(7):e021770. PubMed Central PMCID: PMC6067354.
- b. **Fong AJ**, Scarapicchia TMF, McDonough MH, Wrosch C, Sabiston CM. Changes in social support predict emotional well-being in breast cancer survivors. *Psychooncology*. 2017 May;26(5):664-671. PubMed PMID: 26818101.

**3. Evaluating physical activity interventions among cancer survivors in the community.** My third contribution to science is understanding the impact of physical activity in community-based contexts on psychosocial wellbeing in both breast cancer survivors and recreational athletes. My work has noted that women-specific physical activity programming is beneficial for initially engaging breast cancer survivors, but that cancer-specific physical activity programming may be more appropriate for prolonged behavior change.

- a. Neil-Sztramko SE, Smith-Turchyn J, **Fong A**, Kauffeldt K, Tomasone JR. Community-Based Exercise Programs for Cancer Survivors: A Scoping Review of Program Characteristics Using the Consolidated Framework for Implementation Research. *Arch Phys Med Rehabil*. 2022 Mar;103(3):542-558.e10. PubMed PMID: 34375631.
- b. **Fong AJ**, Saxton HR, Kauffeldt KD, Sabiston CM, Tomasone JR. "We're all in the same boat together": exploring quality participation strategies in dragon boat teams for breast cancer survivors. *Disabil Rehabil*. 2021 Oct;43(21):3078-3089. PubMed PMID: 32126196.
- c. Sabiston CM, **Fong AJ**, O'Loughlin EK, Meterissian S. A mixed-methods evaluation of a community physical activity program for breast cancer survivors. *J Transl Med*. 2019 Jun 19;17(1):206. PubMed Central PMCID: PMC6585098.

**4. Dissemination and implementation science in physical activity contexts.** My fourth contribution to science is in using dissemination and implementation science frameworks and theories in the context of physical activity for cancer survivorship. My work has shown the impact of in-person meetings for dissemination practice and science, such that attendees had increased knowledge retention. Similarly, my work has shown that current information available at Canadian cancer center websites had a lack of salient behavior change techniques, which are known "active ingredients" to foster behavior change.

- a. **Fong AJ**, Sabiston CM, Nadler MB, Sussman J, Langley H, Holden R, Stokes-Noonan M, Tomasone JR. Development of an evidence-informed recommendation guide to facilitate physical activity counseling between oncology care providers and patients in Canada. *Transl Behav Med*. 2021 Apr 26;11(4):930-940. PubMed PMID: 33590874.

- b. Nadler MB, Bainbridge D, **Fong AJ**, Sussman J, Tomasone JR, Neil-Sztramko SE. Moving Cancer Care Ontario's Exercise for People with Cancer guidelines into oncology practice: using the Theoretical Domains Framework to validate a questionnaire. *Support Care Cancer*. 2019 Jun;27(6):1965-1968. PubMed PMID: 30762143.
- c. Santa Mina D, **Fong A**, Petrella A, Culos-Reed S, Chasen M, Sabiston C. Moving research into practice: summary report of the Ex/Cancer meeting on physical activity, exercise, and rehabilitation in oncology. *Curr Oncol*. 2018 December; 25(6):e615-e621. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6291276/> DOI: 10.3747/co.25.4120

**5. Examining physical activity and survivorship recommendations in oncology practice.** My fifth contribution to science is understanding how to better integrate physical activity into current oncology practice. My work has noted that oncology care providers have low physical activity-related knowledge, despite understanding the benefits of physical activity for cancer survivors. Further, oncology care providers would prefer simple tools to facilitate conversations about physical activity with their patients. Notably, I contributed to the development of a model of care that merges physical activity, safety screening and recommendations into cancer care.

- a. **Fong AJ**, Jones JM, Faulkner G, Sabiston CM. Exploring cancer centres for physical activity and sedentary behaviour support for breast cancer survivors. *Curr Oncol*. 2018 Oct;25(5):e365-e372. PubMed Central PMCID: PMC6209561.
- b. **Fong AJ**, Faulkner G, Jones JM, Sabiston CM. A qualitative analysis of oncology clinicians' perceptions and barriers for physical activity counseling in breast cancer survivors. *Support Care Cancer*. 2018 Sep;26(9):3117-3126. PubMed PMID: 29574619.
- c. Mina DS, Sabiston CM, Au D, **Fong AJ**, Capozzi LC, Langelier D, Chasen M, Chiarotto J, Tomasone JR, Jones JM, Chang E, Culos-Reed SN. Connecting people with cancer to physical activity and exercise programs: a pathway to create accessibility and engagement. *Curr Oncol*. 2018 Apr;25(2):149-162. PubMed Central PMCID: PMC5927786.

Complete List of Published Work in My Bibliography:

<https://www.ncbi.nlm.nih.gov/myncbi/1juf4qeMXyhY81/bibliography/public/>