

Younger Breast Cancer Survivors Accelerometer Study



Columbia University is conducting a research study to understand how everyday behaviors, including physical activity, sitting time, and sleep, affect health and well-being in younger women, ages 18-44, with breast cancer. By participating, you can help improve lifestyle-based support for younger breast cancer survivors.

Who is eligible to participate?

- 18 to 49 years of age
- Diagnosed with breast cancer in the past 3 years

What will you receive?

- \$100 cash gift card
- Summary report of your accelerometry data

Interested in learning more? Scan the QR code below or contact:



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What will you be asked to do if you participate in the study?

- 1) Complete a **20-minute online questionnaire** about your lifestyle habits, general health, and wellness.
- 2) Wear an **accelerometer** on your wrist for 7 days while awake and sleeping.

What is an accelerometer?

An accelerometer is a small motion sensor that tracks your movement throughout the day. It helps us measure daily activity, including walking, movement, and sleep.

It is lightweight and comfortable to wear, like an Apple Watch or Fitbit.

