Overview of the Talking About Cancer course
The ‘Talking About Cancer: Reducing risk, early detection and myth-busting’ online course is part of our Talk Cancer cancer awareness training programme. Over 3 hours of bitesize learning, learners find out how to encourage people to make healthy lifestyle changes, access local services and visit their doctor promptly if they notice changes to their body. The course aims to help people feel more confident talking about cancer and health with others.

Course reach and engagement
Between April 2018 and March 2019, the course has had...
- Joiners from 122 different countries worldwide, with the majority coming from the UK & N.Ireland, Mexico, USA, India and Egypt.
- 2,407 joiners, with 79.65% being ‘active learners’ (took part in at least 1 step of the course). This is well above the 62.2% Future Learn average.

Course impact on knowledge and confidence around cancer
- **Awareness of cancer risk factors** improved, most notably for ‘not doing enough physical activity’ (↑ 29%) and ‘older age’ (↑ 23%).
- **Awareness of cancer myths** improved, with the proportion of people correctly identifying the mobile phones (↑ 35%) and stress (↑ 26%) myths increasing significantly after training.
- **Confidence to discuss cancer** significantly improved, especially to discuss cancer in general (↑ 49%), things that can reduce the risk of cancer (↑ 42%), where to go for more information and services to help make healthy lifestyle choices (↑ 41%) and the fears people may have towards cancer (↑ 57%).
- **Negative/fatalistic beliefs and attitudes about cancer** decreased. For example, the proportion of learners who said they believe that ‘a diagnosis of cancer is a death sentence’ reduced form 13% to just 4%. In addition, the proportion of people who said they’d find it hard to talk to someone about cancer decreased from 37% to 18%.

Learner satisfaction and comments
“I would suggest to anyone who has any connection with cancer to consider completing the course whether a patient, professional, friend or family member. It explains what it is and demystifies the subject, all in plain and simple language.”

“...or for more information on our other training options visit **cruk.org/talkcancer**