organizational, and community barriers; 2) developed culturally tailored strategies (in 24 educational sessions); and 3) selected three exercises (walking, strength training, and yoga) to meet PAGs.

Since benefits of PA include lower rates of all-cause mortality, and morbidity from conditions such as breast cancer, current guidelines recommend participating in moderate PA for 150 min/week (ACS, 2017). This study reveals that barriers, including post-treatment symptoms, social support, and neighborhood safety, prevent AA BCSs from participating in PA and meeting PAGs and that many of the currently available PA interventions are ineffective and unsustainable. PA-related health disparities among AA BCSs warrant the need for innovative and culturally relevant approaches to promote PA in this population. The involvement of a breast cancer support group in the development of PAID has the potential to enhance PA among AA BCSs.

SCT states that portions of an individual's knowledge acquisition may be directly related to observing others within the context of social interactions and experiences. SISTAAH Talk exemplifies a support system for affecting the health of AA BCSs. Similar projects involving community organizations that have demonstrated appropriate design, implementation, and efficacy in promoting PA among underserved populations include the Southeast Senior Physical Activity Network (SESPAN) and the Active Aging Community Task Force (AACTF) project, (Cheadle et al. 2010). These programs incorporate means of motivating people who are inactive; creating effective, culturally relevant programs for the target population; and sustaining research-tested programs in community settings. Community engagement in developing a PA intervention will likely address physical inactivity and inequity among AA BCSs.

Acknowledgements
The National Cancer Institute (R01CA166785) and the Medical College of Georgia Foundation funded this work.

References

American Cancer Society (ACS). Cancer Facts & Figures for African Americans 2017. Atlanta, GA: 2017.

Ballard-Barbash R, George SM, Alfano CM, Schmitz K. Physical activity across the cancer continuum. Oncology 2013 Jun;27(6):589, 592.

Behavioral Risk factor Surveillance System (BRFSS). http://apps.nccd.cdc.gov/brfss/page.asp?yr=2010&state=All&cat=IM#IM. Accessed January 19, 2017.

Butterfoss, FD, DiClemente, RJ, Crosby, RA, Kegler, MC. Emerging theories in health promotion practice and research: Strategies for improving public health. San Francisco, CA: Jossey-Bass; 2002. Toward a comprehensive understanding of community coalitions: Moving from practice to theory.

Centers for Disease Control and Prevention (CDC). Community engagement: Definitions and organizing concepts from the literature. 1997. http://www.ede.gov/phppo/pce/ Accessed January 19, 2017.

Cheadle A, Egger R, LoGerfo JP, Walwick J, Schwartz S. A community-organizing approach to promoting physical activity in older adults: the southeast senior physical activity network. Health Promot Pract. 2010; 11(2):197-204.

Joseph RP, Ainsworth BE, Keller C, Dodgson JE. Barriers to Physical Activity Among African American Women: An Integrative Review of the Literature. Women Health. 2015;55(6):679-99.

McLeroy KR, Bibeau D, Steckler A, Glanz K. An ecological perspective on health promotion programs. Health Education Quarterly. 1988; 15(4):351–377.

Murrock CJ, Higgins PA, Killion CK: Dance and peer support to improve diabetes outcomes in African American women. Diabetes Educ 2009;35(6):995–1003.

NVIVO 10 for Windows aspx. URL: http://www.qsrinternational.com/products_nvivo.aspx, [WebCiteCache ID 6aDk3Ljxm] accessed January 19, 2017.

Sears SR, Stanton AL, Kwan L, et al. Recruitment and retention challenges in BCShip research: results from a multisite, randomized intervention trial in women with early stage breast cancer. Cancer Epidemiology, Biomarkers & Prevention, Oct 2003;12(10):1087-1090.

World Cancer Research Foundation/American Institute for Cancer Research. Food, nutrition, physical activity and the prevention of cancer: a global perspective. Washington, DC: World Cancer Research Fund; American Institute for Cancer Research; 2007.