

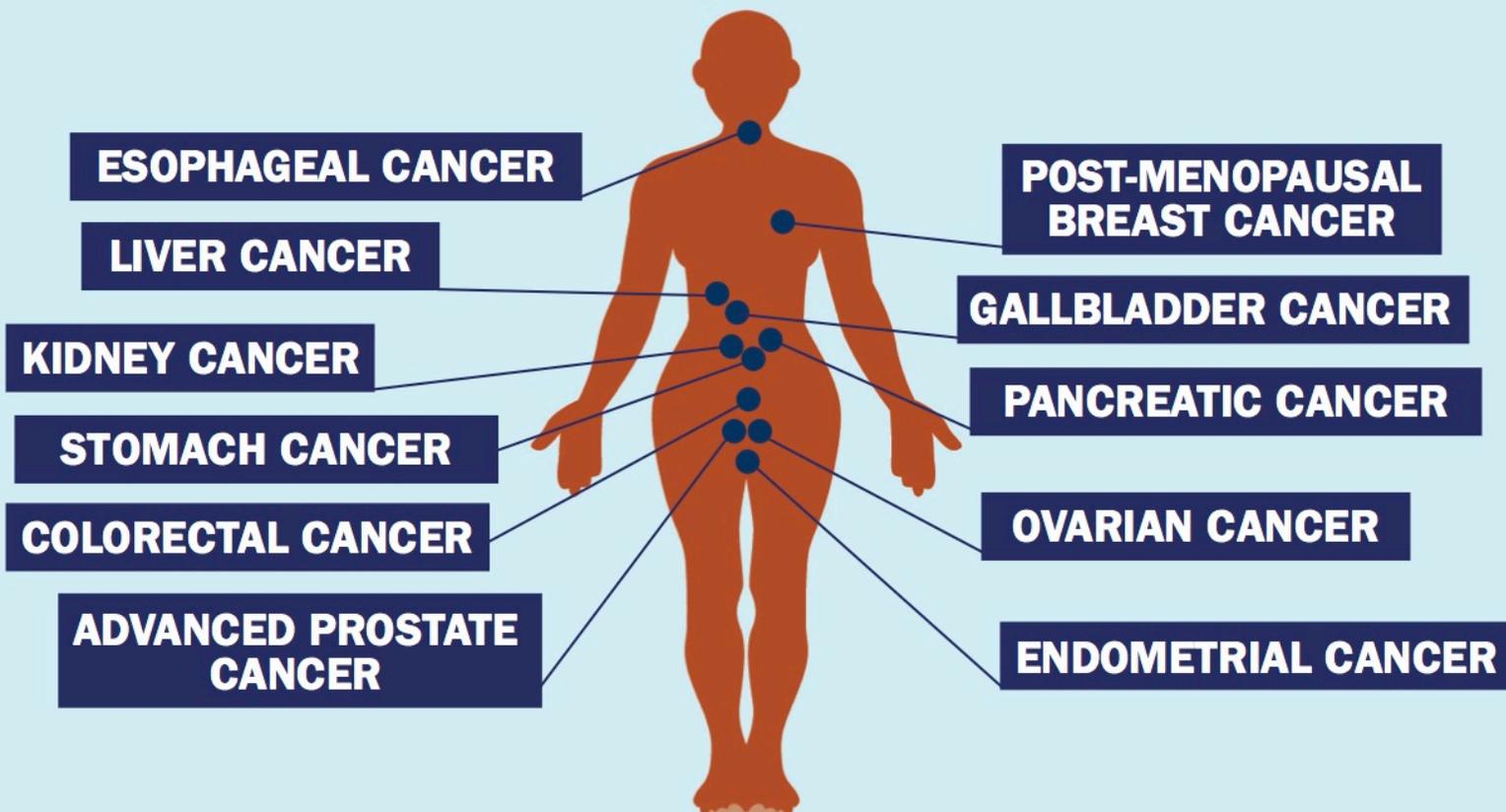
WHAT YOU NEED TO KNOW ABOUT OBESITY AND CANCER



After not smoking,
BEING AT A HEALTHY WEIGHT
is **THE MOST IMPORTANT THING** you can do
to prevent cancer.



Overweight and obesity INCREASE RISK FOR



AICR ESTIMATES THAT **EXCESS BODY FAT** IS A CAUSE OF APPROXIMATELY

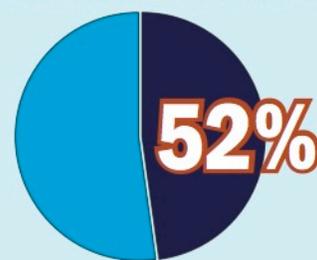
132,800

U.S. CANCER CASES EVERY YEAR.

AND YET...
7 in 10 Americans
are currently
overweight or obese.



AND ...
Only about half of
all Americans
are even aware of the
obesity-cancer link.



PROTECT YOURSELF!

Move More



Eat Smart



For tips on getting to, and staying at, a healthy weight, visit www.aicr.org

1. American Cancer Society. Cancer Facts & Figures 2017. Atlanta: American Cancer Society; 2017. 2. AICR/WCRF Policy Report and Continuous Update Project reports. 3. US Center for Disease Control and Prevention: Obesity and Overweight, 4. 2015 AICR Cancer Risk Awareness Survey

The evidence is the latest from the *Continuous Update Project (CUP)*, which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.



Obesity, Nutrition, Physical Activity and Cancer

Making healthy lifestyles a national priority

The Cancer Link

Obesity, physical inactivity, and poor nutrition are major risk factors for cancer, second only to tobacco use. One third of the estimated 585,720 cancer deaths in the US this year can be attributed to poor diet, physical inactivity, and overweight and obesity. Currently, approximately two in three adults and one in three youth are overweight or obese.

Overweight and obesity are associated with increased risk for several common cancers, including colon, esophageal, kidney, pancreatic, endometrial, and postmenopausal breast cancer. The biological link between overweight/obesity and cancer is believed to be related to multiple effects on fat and sugar metabolism, immune function, hormone levels and proteins that affect hormone levels, and other factors related to cell growth. Maintaining a healthy body weight throughout life is key to reducing cancer risk.



Nutrition

Poor nutrition and the consumption of high-calorie foods and beverages are major contributors to overweight and obesity and increase the risk of cancer. The American Cancer Society (ACS) recommends consuming a healthy diet, with an emphasis on plant foods, in order to reduce cancer risk. Recommendations include choosing foods and beverages in amounts that achieve and maintain a healthy weight, limiting consumption of processed and red meats, consuming fruits and vegetables and whole grains instead of refined grain products, and limiting alcohol intake. A study found that nonsmoking adults who followed the ACS guidelines for weight control, diet, physical activity, and alcohol were lived longer and had a lower risk of dying from cancer and cardiovascular diseases.

Physical Activity

Regular physical activity helps maintain a healthy body weight by balancing caloric intake with energy expenditure. Physical activity may also reduce the risk of breast, colon, endometrium, and advanced prostate cancer, independent of body weight. ACS recommends that adults engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week and that children and adolescents engage in at least 1 hour of moderate- or vigorous-intensity activity each day. Physical activity may also be beneficial after a cancer diagnosis, reducing the risk of recurrence or death and improving quality of life.

Combating the Problem

Despite the evidence linking overweight and obesity, poor nutrition, and physical inactivity to increased cancer risk, the majority of Americans are not meeting recommended nutrition and physical activity targets. Social, economic, environmental, and cultural factors strongly influence individual choices about diet and physical activity. Reversing obesity trends and reducing the associated cancer risk will require a broad range of strategies that include policy and environmental changes that make it easier for individuals to regularly make healthy diet and physical activity choices.

The American Cancer Society Cancer Action Network's (ACS CAN) advocacy work on obesity, nutrition, and physical activity is focused on creating healthy social and physical environments and providing consumers with clear, useful information that support making healthy lifestyle choices.