

Body Weight & Cancer Risk

In the United States, the percentage of overweight and obese adults and children has soared over the past several decades. Studies show that with that increased weight comes an increased risk of developing certain types of cancers.

**EXCESS BODY WEIGHT,
POOR NUTRITION, PHYSICAL INACTIVITY,
AND EXCESS ALCOHOL CONSUMPTION** = ABOUT **1 IN 5** **CANCER CASES**






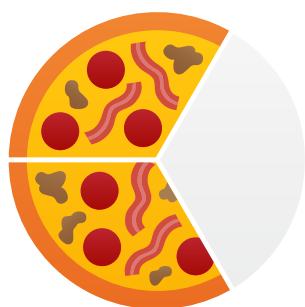
OVERWEIGHT OR OBESITY RAISES A PERSON'S RISK OF GETTING AT LEAST



13 **TYPES OF CANCER**

BECAUSE IT MAY NEGATIVELY AFFECT ...

 <p>The body's immune system and inflammation</p>	 <p>The body's levels of certain hormones and proteins</p>	 <p>Factors that regulate cell growth</p>
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71%
OF AMERICAN ADULTS
ARE OVERWEIGHT OR OBESE

ARE YOU OVERWEIGHT OR OBESE?

1. MEASURE YOUR BODY MASS INDEX (BMI).*

$$\frac{\text{WEIGHT (lbs.)} \times 703}{\text{HEIGHT (in.)} \times \text{HEIGHT (in.)}}$$

2. UNDERSTAND YOUR RESULTS.

UNDERWEIGHT	<18.5
NORMAL	18.5 – 24.9
OVERWEIGHT	25 – 29.9
OBESE	> 30

3. TAKE ACTION IF YOU'RE OVERWEIGHT OR OBESE.

-500 CALORIES / DAY = -1 POUND / WEEK

DECREASE CALORIES CONSUMED.

FOLLOW A HEALTHY EATING PATTERN.



→ Eat more fruits and vegetables



→ Choose whole grains, and fiber-rich beans and peas



→ Choose lean protein, instead of red and processed meats

INCREASE CALORIES BURNED.

BE MORE PHYSICALLY ACTIVE.



150-300 MINUTES
moderate-intensity activity / week

or



75-150 MINUTES
vigorous-intensity activity / week

or

a combination of the two throughout the week

LESS JUNK ... MORE FRUITS AND VEGGIES



- Added sugars
- Sugar-sweetened beverages
- Cake, cookies, white bread
- Fried foods



- Plenty of colorful fruits and vegetables

LIMIT SEDENTARY BEHAVIOR.



- Screen-based entertainment
- Sitting around
- Lying down



- Playing sports
- Walking or running
- Other physical activities

* Calculating BMI may not be the most useful method for all body types; consult your physician.