The guidelines were developed by the American Cancer Society 2010 Nutrition Physical Activity Guidelines Advisory Committee and approved by the American Cancer Society National Board of Directors in August 2011.

The full article, written for health care professionals, is published in *CA: A Cancer Journal for Clinicians* Jan/Feb 2012. It can be found free online. The full text of the consumer’s version is on the ACS website at www.cancer.org/Healthy/EatHealthyGetActive/ACSGuidelinesonNutritionPhysicalActivityforCancerPrevention/index

Of course, no diet or lifestyle can promise full protection against any disease. And for some people, good nutrition, a healthy body weight, and regular exercise may not affect their cancer risk.

But if the nutrition and physical activity recommendations are taken as a lifelong commitment, many people can lower their risk of cancer and other diseases.

Actions such as avoiding exposure to tobacco, getting to and staying at a healthy weight, staying physically active throughout life, and eating a healthy diet can greatly reduce one's lifetime risk of developing cancer. These same behaviors are also linked with a lower risk of developing cardiovascular disease and diabetes.
This is a summary of the recommendations we’ll be talking about in detail during this presentation.

ACS Recommendations

- For individual choices:
  - Get to and stay at a healthy weight throughout life.
  - Adopt a physically active lifestyle.
  - Eat a healthy diet, with a focus on plant sources.
  - If you drink alcohol, limit how much you drink.

This is a summary of the recommendations we’ll be talking about in detail during this presentation.

ACS Recommendations

- For community action:
  - Public, private, and community organizations should work collaboratively at national, state, and local levels to implement policy and environmental changes to facilitate healthy eating and physical activity behaviors.

If you do use tobacco, the most important thing you can do is quit!
Overweight and obesity are clearly associated with an increased risk of developing many cancers, including cancers of the breast in post-menopausal women, colon and rectum, endometrium, esophagus, kidney, and pancreas. They are probably associated with an increased risk of cancer of the gallbladder; and may also be associated with an increased risk of cancers of the liver, non-Hodgkin lymphoma, multiple myeloma, cancer of the cervix, cancer of the ovary, and aggressive prostate cancer.

The increase in overweight and obesity noted among Americans is of particular concern for a number of population groups, including children, who are establishing lifelong behavioral patterns that affect health, and people who live in lower income neighborhoods, which are often characterized by nearby stores that lack affordable, high-quality healthy foods, and increased safety concerns that may limit opportunities for physical activity.

Evidence suggests that obese children are more likely than normal-weight children to become obese adults, and that their obesity in adulthood is likely to be more severe.

Let’s admit it: It’s tough to lose weight! Start by eating so that you don’t gain weight. Fruits and vegetables can help you with that by giving you nutrition that helps fill you up with fewer calories.

If you are overweight or obese, talk with your health care provider about your eating and physical activity plan, and see if he or she has a recommendation for group support as you work toward your goal.
BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

BMI does not measure body fat directly, but research has shown that BMI relates well to direct measures of body fat. BMI can be considered an alternative for direct measures of body fat for most people. BMI is also an easy method of screening for weight categories that may lead to health problems.

More information, if there are questions about the BMI:
BMI is used as a screening tool to identify possible weight problems for adults (but not children or teens). But BMI is not a diagnostic tool and it’s not the final word in whether or not a person is overweight or obese. For example, a person with big muscles may have a high BMI because muscle tissue is denser (heavier) than fat. But to find out if excess weight is a health risk, a health care provider would need to evaluate further. These assessments might include measuring skinfold thickness and waist size; evaluations of diet, physical activity, and family history; and other health screenings. (From CDC)

The general categories assigned by BMI: Different numbers may be used for different ethnic groups (like Asians, for example).
You can find a BMI calculator along with the above category list on our ACS website at: www.cancer.org/bmi
There is limited evidence regarding whether physical activity is most protective if done in a single session or in increments throughout the day, but it’s reasonable to assume that benefit can be accumulated in separate sessions of 20 to 30 minutes each.

What qualifies as physical activity? Anything from work around the house to brisk walking to triathlons. What you choose depends on your level of fitness, and people with medical conditions should talk about physical activity with their doctors. You do want to go beyond your usual daily physical activity of working and self-care. Moderate activity is like a brisk walk, but vigorous activity makes you breathe faster, gets your heart rate up, and makes you sweat.

The point of this is to become active for the rest of your life!

You should also limit the time you spend sitting since this can affect health and cancer risks even if you are active.
To maintain a healthy weight, most people need to limit calorie intake while increasing regular physical activity; it’s difficult for most people to get to and stay at weight solely through physical activity.

• Use meat as a side dish or flavor enhancer rather than as the focus of a meal.
• Try other protein sources such as fish and poultry in place of red and processed meats.
• Beans may also be a healthier source of protein.
Vegetables (including beans) and fruits are complex foods, each containing numerous potentially beneficial vitamins, minerals, fiber, carotenoids, and other bioactive substances, such as terpenes, sterols, indoles, and phenols that may help prevent cancer.

Reasons to eating healthy other than cancer are listed on this slide.

Additional information if there are questions about high blood pressure or diabetes:

High blood pressure is also called hypertension, and is a risk factor for heart disease and stroke.

Type 2 diabetes is the kind that is more likely to develop later in life, and is more likely in people who are overweight or obese.

Type 1 diabetes often starts at a younger age. In Type 1 diabetes, the body cannot produce insulin.

In Type 2 diabetes, insulin is produced, but it’s not as much as the body needs, and cells in the body are resistant to it.

Whole-grain foods, which are those made from the entire grain seed, are lower in caloric density than their processed (refined) grain counterparts. They are also higher in fiber, certain vitamins, and minerals than refined grain products.

Whole grains include brown rice, 100% whole grain bread or pasta, regular oatmeal, quinoa, and other grains.

Eat less food made with white flour, and learn to read labels. For instance, some people may not know that “wheat bread” is not the same as “100% whole wheat,” even if the bread looks brown.
Women’s recommended limit is lower both because of their smaller body sizes and because they process alcohol more slowly than men.

These limits refer to daily consumption, and do not justify drinking larger amounts on fewer days of the week.

ACS Recommendations for Community Action

Public, private, and community organizations should work collaboratively at national, state, and local levels to implement policy and environmental changes that:

- Increase access to affordable, healthy foods in communities, places of work, and schools.
- Decrease access to and marketing of foods and drinks of low nutritional value, particularly to youth.
The increase in overweight and obesity that has been happening is a special concern in certain groups, including children, who are establishing lifelong behaviors that affect health.

Lower income neighborhoods often do not have supermarkets that sell affordable, high-quality, healthy foods, and safety concerns may limit the chance for physical activity.
Now you know!

ACS recommendations again...

- Get to and stay at a healthy weight throughout life.
- Adopt a physically active lifestyle.
- Eat a healthy diet, with a focus on plant foods.
- If you drink alcohol, limit how much you drink.

Communities:
- Public, private, and community organizations should work collaboratively at national, state, and local levels to implement policy and environmental changes to facilitate healthy eating and physical activity behaviors.

American Cancer Society resources

More information on nutrition and physical activity is available on the ACS website, www.cancer.org, or by calling 1-800-227-2345.

Thank you!