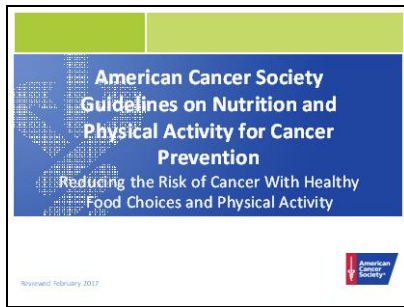


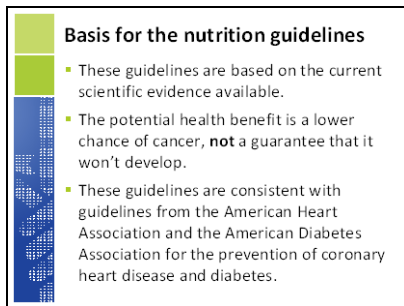
Slide 1



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

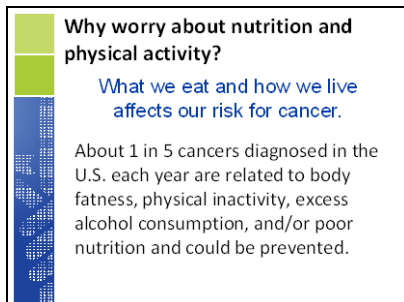
Slide 2



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.

Slide 3



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.

Slide 4

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.

Slide 5


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.

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

Slide 6

ACS Recommendations for Individual Choices



Slide 7

Reducing cancer risk with nutrition and physical activity

For Americans who don't use tobacco, the **3 most important things** you can do to reduce your cancer risk are:

- ✓ Control your weight
- ✓ Eat healthy
- ✓ Be physically active

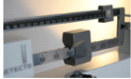


If you do use tobacco, the most important thing you can do is quit!

Slide 8

Why the obesity connection is so important

- More than 1 in 3 adults in the U.S. is obese.
- Nearly 1 in 6 American children and teens (ages 2-19 years) are obese.



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.


Slide 9

Get to and maintain a healthy weight throughout life.

- Be as lean as possible throughout life without being underweight.
- Avoid excess weight gain at all ages. For those who are currently overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Engage in regular physical activity and limit intake of high-calorie foods and beverages.

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.



What is BMI (Body Mass Index)?

- BMI is a number calculated from your height and weight. In general, the higher the number, the more body fat a person has.
- BMI is a screening tool that helps to look for weight problems, but it's not the final word:
 - BMI of 18.5 to 24.9 is considered normal weight
 - BMI of 25 to 29.9 is considered overweight
 - BMI of 30 or higher is considered obese

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

Slide 11

Adopt a physically active lifestyle.

- **Adults** should engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, or an equivalent combination, preferably spread throughout the week.
- **Children and teens** should engage in at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity occurring at least 3 days each week.

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.

Slide 12

Adopt a physically active lifestyle.

- Limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.



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.

Slide 13



Eat a healthy diet, with an emphasis on plant foods.

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
- Read food labels to become more aware of portion sizes and calories consumed. Be aware that “low fat” or “non-fat” does not necessarily mean “low calorie.”
- Limit intake of sugar-sweetened beverages such as soft drinks, sports drinks, and fruit-flavored drinks.

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.

Slide 14



Consume a healthy diet, with an emphasis on plant foods.

- Eat smaller portions of high-calorie foods.
- Choose vegetables, whole fruits, and other low-calorie foods instead of calorie-dense foods such as French fries, potato and other chips, ice cream, doughnuts, and other sweets.
- When you eat away from home, be especially mindful to choose food low in calories, fat, and added sugar, and avoid consuming large portion sizes.

Slide 15



Eat a healthy diet, with an emphasis on plant foods.

- Don’t eat a lot of processed meat and red meat.
 - Minimize eating processed meats such as bacon, sausage, luncheon meats, and hot dogs.
 - Choose fish, poultry, or beans as an alternative to red meat (beef, pork, and lamb).
 - If you eat red meat, select lean cuts and eat smaller portions.
 - Prepare meat, poultry, and fish by baking, broiling, or poaching rather than frying or charbroiling.

- 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

Slide 16

Eat a healthy diet, with an emphasis on plant foods.

- Eat at least 2½ cups of vegetables and fruits each day.
 - Include vegetables and fruits at every meal and for snacks.
 - Eat a variety of vegetables and fruits each day.
 - Emphasize whole vegetables and fruits; choose 100% juice if you drink vegetable or fruit juices.
 - Limit intake of creamy sauces, dressings, and dips with vegetables and fruits.

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.

Slide 17

Why is eating more fruits and vegetables so important?

They can help reduce your risk of:

- High blood pressure
- Heart disease
- Stroke
- Type 2 diabetes
- Obesity
- 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.

Slide 18

Eat a healthy diet, with an emphasis on plant foods.

- Choose whole grains instead of refined grain products.
 - Choose whole-grain foods such as whole-grain breads, pasta, and cereals (like barley and oats) instead of breads, pasta, and cereals made from refined grains, and brown rice instead of white rice.
 - Limit intake of other refined carbohydrate foods, including pastries, candy, sugar-sweetened breakfast cereals, and other high-sugar foods.

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.

Slide 19

If you drink alcoholic beverages, limit consumption.


- Drink no more than 1 drink per day for women or 2 per day for men.
- With alcohol, it's very easy to "over-pour" or be "over-served" and end up drinking more than you planned.
- One drink of alcohol =
 - 12 oz. beer
 - 5 oz. wine
 - 1.5 oz. of 80-proof liquor

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.

Slide 20

ACS Recommendations for Community Action



Slide 21


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

Slide 22


- 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.




Slide 23



- Provide safe, enjoyable, and accessible environments for physical activity in schools and workplaces, and for transportation and recreation in communities.




Slide 24



Social, economic, and cultural factors strongly affect a person's choices about diet and physical activity.

Most Americans would like to adopt a healthy lifestyle, but find it hard to follow diet and activity guidelines.

Slide 25



Some things that are helping to make Americans physically inactive and overweight or obese have been identified.

For instance:

- Many are not able to get healthy foods – this is often due to poor access or high costs.
- Easy access to and heavy marketing of high-calorie foods and drinks of low nutritional value affect daily choices.
- Lack of safe recreation and transportation in communities keep people from being active.

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.

Slide 26

The slide features a decorative vertical bar on the left with a green top section and a blue bottom section containing a white grid pattern. The text is as follows:

ACS recommendations again...

Individuals:

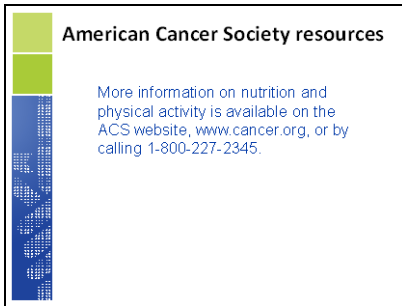
- Get to and stay at a healthy weight throughout life.
- Adopt a physically active lifestyle.
- Eat a healthy diet, with a focus on plant foods.
- If you drink alcohol, limit how much you drink.

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.

Now you know!

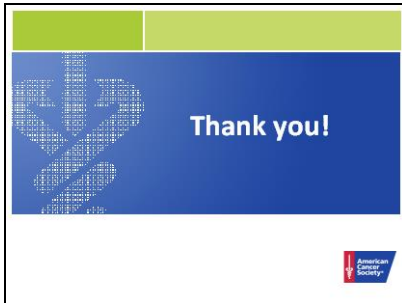
Slide 27

The slide features a decorative vertical bar on the left with a green top section and a blue bottom section containing a white grid pattern. The text is as follows:


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.

Slide 28

The slide features a decorative vertical bar on the left with a green top section and a blue bottom section containing a white grid pattern. The text is as follows:

Thank you!

The American Cancer Society logo is located in the bottom right corner of the slide.