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.

**Source:** "Body Fatness and Cancer — Viewpoint of the IARC Working Group." Published August 25, 2016, in New England Journal of Medicine, First author Beatrice Lauby-Secrétan, PhD, International Agency for Research on Cancer

*Estimate; source: World Cancer Research Fund International, 2016*

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cancer.org  |  1.800.227.2345
ARE YOU OVERWEIGHT OR OBESE?

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

   \[
   \text{WEIGHT (lbs.)} \times 703 \\
   \text{HEIGHT (in.)} \times \text{HEIGHT (in.)}
   \]

2. UNDERSTAND YOUR RESULTS.

<table>
<thead>
<tr>
<th>Condition</th>
<th>BMI Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt;18.5</td>
</tr>
<tr>
<td>Normal</td>
<td>18.5 – 24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25 – 29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt; 30</td>
</tr>
</tbody>
</table>

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

   \[\text{-500 CALORIES / DAY} = \text{-1 POUND / WEEK}\]

DECREASE CALORIES CONSUMED.
PAY ATTENTION TO PORTION SIZES.

- Fruits / non-starchy vegetables
- Lean protein (the size of a deck of cards)
- Whole grains or starchy veggies

Source:.choosemyplate.gov

INCREASE CALORIES BURNED.
BE MORE PHYSICALLY ACTIVE.

- 150 MINUTES moderate-intensity activity / week
- or
- 75 MINUTES vigorous-intensity activity / week
- or
- a combination of the two throughout the week

LESS JUNK … MORE FRUITS AND VEGGIES

- Added sugars
- Cake, cookies, white bread
- Fried foods

- Fruits
- Vegetables (at least 2½ cups daily)

LIMIT SEDENTARY BEHAVIOR.

- On-screen 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.