Healthy Eating and Active Living: What’s the Cancer Connection?

Kristen Sullivan, MS, MPH
Director, Nutrition and Physical Activity
American Cancer Society
Obesity...

• More than two-thirds of American adults ages 20 and older are overweight (33.6 percent) or obese (34.9 percent).

• Approximately 17 percent (or 12.7 million) of children and adolescents ages 2-19 are obese.

...is prevalent.
Our diets...

Kids’ diets:
• too low in fruits, vegetables, and whole grains
• too high in sodium, saturated fats, and added sugars.

Adult diets aren’t much better:
• In 2013, 15.1 percent of adults consumed three or more servings of vegetables per day.

...are unhealthy.
Physical activity...

• In 2013, 30.5 percent of adults reported no leisure-time physical activity during an average week.

• In 2012, only 24.8 percent of youth ages 12-15 met recommended levels of physical activity (being physically active for at least 60 minutes daily).

...is inadequate.
What’s cancer got to do with it?

Obesity, poor nutrition, and lack of physical activity are critical public health issues...

...and critical cancer issues.

• About 1 in 5 cancer cases in US due to these factors – 2nd only to tobacco.
• In the United States, overweight and obesity accounts for about 14% to 20% of all cancer deaths.
Excess body weight linked to increase risk of these cancers...

- Esophageal
- Pancreatic
- Colorectal
- Post-Menopausal Breast
- Endometrial
- Kidney
- Liver
- Ovarian
- Stomach
- Advanced Prostate
- Gallbladder
Physical activity linked to reduced risk of...

- Colon
- Breast
- Endometrial
  - Esophageal adenocarcinoma
  - Liver
  - Gastric cardia
  - Kidney
  - Myeloid leukemia
  - Myeloma
  - Head and neck
  - Rectal
  - Bladder
  - Lung (current and former smokers)
International Agency for Research on Cancer

22 experts from 10 countries; 800 studies

• Processed meats: “carcinogenic to humans”
• Red meats: “probably carcinogenic to humans”
• Primarily based on evidence of increased risk of colorectal cancer
Our environments – where we live, learn, work, shop, and play...

• People who live in the most walkable neighborhoods are nearly 2½ times more likely to get at least 30 minutes of physical activity each day

• Twenty-three million people live in food deserts:
  ➢ more than half of them are low-income
  ➢ have the higher rates of obesity compared to others with better access

• Food and beverages companies spend more than $1.7 billion a year on marketing to kids, and only a tiny fraction of that amount ($280 million) is for healthy products.

...have a big influence on ability to make healthy choices.
New videos available

• Healthy Eating and Active Living: What's the Cancer Connection? talks about how weight, diet, and activity can have any impact on cancer risk, and provides a concise summary of the Society's NuPA guidelines.

• Healthy Eating and Active Living: Making the Healthy Choice the Easy Choice introduces viewers to the environmental factors that influence a person's ability to live a healthy lifestyle.
Videos: Available on
YouTube.com/amercancersociety
2016 Healthy Retail Webinar: Impulse Buying
August 2, 2016 1-2pm ET
#HealthyRetail